



COOK BOOK

AMERICAN
WOMAN'S CLUB

Ames Woman's Club Cook Book

COMPILED BY CLUB MEMBERS



AMES, IOWA

TRIBUNE PUBLISHING COMPANY
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24946

FOREWORD

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The Ames Woman's Club, in presenting this book to its friends and the public, has two principal objects in view: to increase the fund for its much desired club house, and to give substantial help in the preparation of daily meals. No claim is made for originality in the recipes presented. They are the tried and dependable recipes of good cooks. Committees for each division have been chosen for their fitness for their particular work, and have taken the greatest pride in selecting and arranging the recipes. Much appreciation should be given to these women and also to the individual members of the club who have contributed favorite and tried recipes.

Mrs. Harold Stiles, 229 Stanton Avenue, is sales chairman and will fill all orders promptly. The price of the book is \$1.25. Ten cents for postage should be added to mail orders.

The compilers of the book commend it to the public in the hope that it may merit approval and patronage.

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TABLE OF CONTENTS



ABBREVIATIONS.....	8
TERMS USED IN COOKING.....	8
TEMPERATURE AND TIME CHART.....	9
TABLE OF FOOD MATERIALS.....	6
A SIMPLE GUIDE FOR MEAL PLANNING.....	7
ONE HUNDRED CALORIE PORTIONS OF COMMON FOODS.....	10
BEVERAGES.....	13
BREAD, ROLLS, BISCUITS, AND MUFFINS.....	17
EGGS, CHEESE, MACARONI, AND CEREALS.....	29
SOUPS.....	35
FISH AND POULTRY.....	40
MEATS—BEEF, LAMB, VEAL, PORK, AND ORGANS.....	50
VEGETABLES.....	69
SALADS AND SALAD DRESSINGS.....	79
HOT PUDDINGS AND PUDDING SAUCES.....	97
COLD DESSERTS—ICES, ICE CREAMS, CUSTARDS, AND PUDDINGS.....	108
PASTRY.....	134
FANCY CAKES, DROP CAKES, COOKIES, DOUGHNUTS, GINGER- BREAD, AND CONFECTIONS	146
CAKES AND FROSTINGS	172
HORS D'OEUVRES, COCKTAILS, SANDWICHES, AND CANAPES.....	199
PICKLING, PRESERVING JELLIES, AND CANNING.....	205
ONE DISH MEALS.....	227
QUANTITY COOKERY.....	229
MENU MAKING, TABLE SERVICE, MEAL PLANNING, AND SUGGESTIVE MENUS.....	235
SICK ROOM AND INFANT FEEDING	250
INDEX	255

“FEEDING THE FAMILY”

MARY SWARTZ ROSE

List of food materials furnishing vitamins, also calcium, phosphorus, and iron. For a safe diet, especially for children, include some foods from each list every day.

Fat Soluble A	Water Soluble B	Water Soluble C	Calcium	Phosphorous	Iron
Milk fat in: Whole milk Cream Butter Cheese Spinach Fish oils, or fat fish Egg yolk Liver Kidney Greens Carrots Sweet potatoes Yellow corn Lettuce Cabbage	Yeast Cereals (germ included) Spinach Cabbage Potatoes Carrots Onions Navy beans Soy beans Tomatoes Peas Turnips Beets Liver Kidney Heart Brain Milk Greens	Cabbage* (uncooked) Oranges Lemons Tomatoes Potatoes Apples Sprouted navy beans Raw carrot Milk, raw fresh Green salad plants Raw, fresh fruit	Milk† Cheese Spinach Navy beans Figs Oranges Egg White fish String beans Cabbage Carrots Onions Almonds Beets Dates Peanuts Lima beans Entire wheat Potatoes Prunes English walnuts	Fish Lean beef Milk Cheese Navy beans Lima beans Peanuts Graham bread Eggs Potatoes Spinach Rolled oats	Spinach Egg yolk Navy beans Lima beans Potatoes Lean meat White fish Dates Figs Prunes Entire wheat Dandelion Cabbage String beans

*Long cooking weakens or destroys water-soluble C.

†Without milk in the diet, it is difficult to obtain a sufficient amount of calcium.

A SIMPLE GUIDE FOR MEAL PLANNING

HAVE SOME FOOD FROM EACH GROUP IN EACH DAY'S MEALS

Energy-giving Foods			Body Building and Regulating Foods				Protective Foods			
			Muscle	Bone, Teeth and Regulating			Vitamins			
Starches	Sugars	Fats	Proteins	Lime or Calcium	Iron	Roughage	A	B	C	D
Breads	Sugar	Butter	Milk	Cheese	Spinach	Beans	Cream	Germ of	Oranges	
Crackers	Molasses	Cream	Eggs	Milk	Greens	Peas	Butter	cereals	Lemons	
Macaroni	Syrup	Cheese	Cheese	Buttermilk	Molasses	Cabbage	Egg yolks	Spinach	Tomatoes	
Rice	Honey	Lard	Lean meat	Cottage	Bran	Turnips	Spinach	Cabbage	Rhubarb	
Tapioca	Preserves	Salt pork	Fish	cheese	Beans	Squash	and other	Beets	Raw cab-	
Sago	Jellies	Bacon	Beans		Egg yolks	Celery	green	Tomatoes	bage	
Breakfast	Dried fruits	Margarines	Peas		Lentils	Asparagus	leaves	Carrots	Raw tur-	
foods	Candy	Vegetable	Nuts		Whole	Lettuce	Carrots	Turnips	nips	
Other cereal	Cake and	and nut			cereals	Spinach	Tomatoes	Beans and	Raw car-	
products	cookies	oils			Prunes	Onions	Glandular	other	rots	
Potatoes	Other	Peanut			Dates	Raisins	organs	vegetables	Raw ruta-	
Beans	desserts	butter			Figs	Dates	Yellow	if water	bagas	
Peas					Raisins	Prunes	corn	in which		
					Red meat	Apples	Sweet	they are		
						Bran	potatoes	cooked		
							Rutabagas	is used		

Every person should drink from 5 to 8 glasses of water daily.

TERMS USED IN COOKING

- Aspic—A jelly made with gelatine.
A la Creole—Cooked with onions and tomatoes.
Au gratin—Usually with cheese and crumbs.
Béchamel—A very rich white sauce.
Bisque—Thick sauce or soup from shellfish or game.
Blanch—To whiten by scalding.
Braise—To stew or cook in closely covered pan with vegetables.
Canapé—An appetizer, savory mixture, or garnish.
Café noir—Black coffee.
Entré—A savory dish, served either by itself or between heavier courses.
Farci—Stuffed.
Fondue—Eggs and cheese cooked together.
Fry—To cook in deep fat.
Glacé—Glazed over.
Hors d'oeuvres—Small dishes served during first course.
Lyonnaise—A sautéed dish seasoned with onions and parsley.
Marinate—To let stand in some mixture as oil, vinegar, lemon juice.
Meringue—Sugar and egg whites beaten together.
Mousse—Savory or sweet, with gelatine whipped with a whisk.
Pâté—A shell made with puff paste.
Parfait—Sweet made by combining syrup with egg whites and whipped cream.
Purée—Vegetables, etc., cooked until tender, then put through a sieve.
Ragout—A highly seasoned stew.
Sauté—Cooked in shallow pan with little fat.
Soufflé—Savory or sweet, puffed up and made light by well beaten eggs.
Timbale—A doughy mixture fried on cup shaped molds in deep fat or a mixture of meat or vegetables cooked in cup shaped molds.

ABBREVIATIONS

T. for tablespoon	sq. for square
t. for teaspoon	doz. for dozen
C. for cup	oz. for ounce
pk. for peck	qt. for quart
lb. for pound	pkg. for package
pt. for pint	BP. for baking powder

Level measurements are used in this book, unless otherwise stated.

TABLE OF WEIGHTS AND MEASURES

3 t. equal 1 T.	9 large eggs equal 1 lb.
16 T. equal 1 C.	$2\frac{2}{3}$ C. powdered sugar equal 1 lb.
2 T. butter equal 1 oz.	$4\frac{1}{2}$ C. graham flour equal 1 lb.
4 T. flour equal 1 oz.	$2\frac{2}{3}$ C. brown sugar equal 1 lb.
2 C. equal 1 pt.	$4\frac{1}{2}$ to 5 C. tea equal 1 lb.
2 C. butter or lard equal 1 lb.	$4\frac{1}{3}$ C. coffee equal 1 lb.
3 C. bread crumbs equal 1 lb.	$2\frac{2}{3}$ C. cornmeal equal 1 lb.
2 C. of navy beans equal 1 lb.	$1\frac{7}{8}$ C. rice equal 1 lb.
4 C. grated cheese equal 1 lb.	$2\frac{2}{3}$ C. oatmeal equal 1 lb.
$3\frac{7}{8}$ C. wheat flour equal 1 lb.	$\frac{1}{3}$ C. almonds, blanched and chopped equals 1 oz.
2 C. granulated sugar equal 1 lb.	1 sq. chocolate equals 1 oz.
2 C. chopped meats equal 1 lb.	

TEMPERATURE AND TIME CHART

	Temperature	Time
Apples, Baked	400°	45 min.
Biscuits	475°	12 min.
Bread	375°	1 hr.
Bread, Ginger	325°	50 min.
Cake, Angel Food	325°	1 hr.
Cake, Fruit	250°	5 hrs.
Cake, Loaf	350°	55 min.
Chicken, Baked	{ Sear 500°	20 min.
	{ Bake 375°	2 hrs.
Cream Puff Shells	450°	20 min.
	then 325°	25 min.
Custard	350°	35 min.
Cookies	375°	15 min.
Meringues	275°	10 min.
Pastry	500°	20 min.
Potatoes, Baked	500°	1 hr.
Potatoes, Scalloped	400°	45 min.
Roasts	{ Sear 500°	20 min.
	{ Baked 300°	20 min. per lb.
Rolls	425°	15 min.
Souffle	375°	30-45 min.

ONE HUNDRED CALORIE PORTIONS OF COMMON FOOD

Almonds	10 nuts	Ham	11 $\frac{1}{3}$ oz.
Apple	1 apple	Honey	1 T.
Asparagus	20 stalks	Ice cream	1 T.
Bacon	1 slice	Lamb chops	11 $\frac{1}{2}$ oz.
Banana	1 banana	Lemons	2 lemons
Beans, string	1 lb.	Lettuce	11 $\frac{1}{2}$ lb.
Beans, baked	11 $\frac{1}{2}$ oz.	Macaroni	4 oz.
Beans, lima	3 oz.	Milk, whole	$\frac{5}{8}$ C.
Beef, lean	2 oz.	Milk, skim	11 $\frac{1}{2}$ C.
Beets	1 lb.	Milk, butter	11 $\frac{1}{2}$ C.
Berries	1 C.	Mayonnaise	1 T.
Bread, white	1 slice	Oatmeal	1 C.
Bread, corn	11 $\frac{1}{2}$ oz.	Olives	6 or 8
Butter	1 T.	Olive oil	1 T.
Cabbage	41 $\frac{1}{2}$ C.	Onions	2 onions
Cake	1 oz.	Oranges	1 orange
Cantaloupe	1 lb.	Oysters	12 oysters
Carrots	1 lb.	Peaches, canned	3 halves
Celery, raw	1 lb.	Peanuts	1 bag
Cheese	$\frac{3}{4}$ oz.	Peanut butter	21 $\frac{1}{2}$ t.
Cheese, cottage	3 oz.	Pears, canned	2 halves
Chicken, roast	11 $\frac{1}{2}$ oz.	Peas, green	3 oz.
Chocolate, cream	1 cream	Pecan meats	$\frac{1}{4}$ C.
Cookies	2 oz.	Pineapple	2 slices
Corn, canned	31 $\frac{1}{2}$ oz.	Potatoes, white	3 oz.
Crackers, soda	4 crackers	Potatoes, sweet	11 $\frac{1}{2}$ oz.
Crackers, graham	3 crackers	Prunes	7 prunes
Cream, 18%	$\frac{1}{4}$ C.	Pudding	$\frac{1}{4}$ C.
Cream, 40%	13 $\frac{3}{4}$ T.	Rice, boiled	$\frac{1}{2}$ C.
Cream soup	3 oz.	Salmon	$\frac{1}{3}$ C.
Custard	$\frac{1}{3}$ C.	Sausage	1 oz.
Dates	5 dates	Shredded wheat biscuit	1
Doughnuts	$\frac{2}{3}$ doughnut	Spinach	11 $\frac{1}{2}$ lb.
Eggs	11 $\frac{1}{2}$	Sugar, granulated	1 T.
Fish	3 oz.	Sugar, cubes	3 cubes
Figs	11 $\frac{1}{2}$ figs	Thick gravies	2 T.
Gelatine	31 $\frac{1}{2}$ T.	Tomatoes	1 lb.
Gingersnaps	5	Turnips	1 lb.
Grapes	1 bunch	Walnuts	31 $\frac{1}{2}$ nuts
Grapenuts	2 T.	Watermelon	11 $\frac{1}{2}$ lb.

Some Interesting Facts About the City of Ames

HOME OF IOWA STATE COLLEGE and
IOWA STATE HIGHWAY COMMISSION

Do you know that the city owns:

1. An electric light plant and system worth	\$750,000
2. A water plant worth	450,000
3. A hospital worth	85,000
4. A city hall worth	75,000
5. Fire apparatus worth	20,000
6. Cemeteries worth	45,000
7. Parks worth	25,000
8. A library worth	60,000
9. A sewage disposal works worth	70,000
10. Public school property worth	625,000

Do you know that there are:

1. 21 miles of paving.
2. 36 miles of water mains.
3. 36 miles of sanitary sewers.
4. 20 miles of storm sewers.
5. 245 fire hydrants.
6. 3,650 electric meters in service.
7. 2,450 water meters in service.
8. Over 380 electric ranges in service.
9. Over 2,304 enrollment in the public schools.
10. 1,862 gas meters in service.
11. 3,940 telephones in service.
12. 4,300 students enrolled at Iowa State College.
13. Properties valued at \$10,250,000 at Iowa State College.
14. Properties valued at \$835,000 at Iowa State Highway Commission.
15. 51½ square miles in the corporate limits of Ames.
16. 10,261 people residing in Ames according to the 1930 U. S. Census.

CARE OF THE COVER

The cover of this book
should be wiped off with
only a damp cloth to re-
move soil. Do not rub
with soapy water or an
abrasive.

BEVERAGES

"The cups that cheer but do not inebriate, wait on each."

FRUIT BEVERAGES

Fruit beverages contain most desirable minerals and are rich in vitamins. Use them often.

Currant or rhubarb juice, with a little lemon juice added, makes a refreshing drink, when sweetened and iced.

SYRUP FOR ALL FRUIT BEVERAGES

Equal measures of sugar and water boiled together for a few minutes improves fruit beverages. This syrup may be sealed or kept in refrigerator ready for use.

PRESERVING OF FRUIT JUICES

The successful preservation of unfermented cider, as well as the juice of grape and other fruits, consists essentially in sterilizing by heat and sealing tightly in glass receptacles, much as fruit is canned.

It is important that such juices be raised only to a temperature of 180 or 200°; just to a simmering temperature. Boiling changes the flavor.

FRUIT SYRUP (1 quart)

Viola M. Bell in Ladies Home Journal

1½ C. sugar

1 qt. hot water

¼ t. cream of tartar ⅛ t. salt

Dissolve sugar, salt, and cream of tartar in hot water. Boil syrup 7 minutes, pour into quart jar and cool. Store in refrigerator.

For spiced sirup, cook with the following tied in small bag: ⅞ t. whole cloves, ½ t. allspice, 2-in. stick of cinnamon. A few drops of Jamaica ginger may be added also.

FRUIT JUICES

Viola M. Bell in Ladies Home Journal

APPLES. Raw (cider) or from cooked tart apples combine well with the juices of cooked red plums, gooseberries or pineapple.

BLACKBERRIES. Raw, canned or cooked. Red raspberries, currants and strawberries are lovely combinations.

CHERRIES. Raw, frozen, canned or cooked. Delicious with other juices.

CRANBERRIES. Cooked with spiced sirup, use with strawberry and pineapple.

CURRANTS. Cooked, rich in color and flavor. Blackberry, red raspberry or cooked pineapple are enjoyed as partners. Milk takes on a party air when combined with currants.

GOOSEBERRIES. Cooked or canned, blend with spice, red raspberry, orange or pineapple.

GRAPE. Alone or combined.

GRAPEFRUIT. Raw or canned.

LEMON. Raw or canned, alone or for accenting other flavors.

LIME. Raw or canned. Is delicious alone or in combinations.

LOGANBERRY. Raw or canned or cooked. Alone or combined.

PEACH. Cooked or canned, is fragrant and flavorful, alone or combined.

PINEAPPLE. Raw, cooked or canned, is well known. Apples, cherries and sauerkraut are few of the many combinations.

PLUM. Cooked or canned. Red, green or blue, when spiced, has a "pointed" flavor.

RASPBERRY. Red or black, raw or cooked, canned or frozen, is luscious. Blackberry, cherry and raw rhubarb blend well.

RHUBARB. Has a beautiful rose tint. Cooked or canned, and spiced, it joins well with strawberry and raspberry.

STRAWBERRY. Aromatic and just acid enough. Lovely in fruit-ades or with milk.

GRAPE JUICE

Mrs. George Turner

Sterilize jars, then put in each qt. jar, 1 C. sugar and enough hot water to dissolve sugar. Then pick over and stem only perfect and unbroken grapes. Put in each jar, one heaping C. of grapes. To this add boiling water to fill jars to overflowing and seal them at once. Do not use for a month or two.

GRAPE JUICE

10 lb. ripe Concord
grapes

2 qt. water

1 C. sugar

Wash grapes and remove from stems. Put in an enameled kettle and add water. Cook slowly until the skins are soft. Put in jelly bag and drain over night. Add sugar to the juice and boil moderately for 2 minutes. Pour into hot sterilized jars and seal.

GRAPE JUICE

3 qt. water

12 lb. grapes

3 lb. white sugar

Crush grapes and boil 15 minutes. Strain and add sugar. When dissolved, strain through jelly bag and heat to boiling point. Seal in sterilized jars.

PUNCH

INDIAN FRUIT PUNCH (prize recipe)

Lillian Storms

1½ C. sugar and 1 qt. water boiled 5 minutes and cooled, then add 1 can crushed pineapple, 1 small bottle of maraschino cherries cut in half. Thoroughly chill. Just before serving add chilled carbonated beverages: 3 C. grape, 3 C. lime and 1 C. strawberry.

RASPBERRY SHRUB

Mrs. John Hammill

Place fresh raspberries, red or black as preferred, in a stone jar, cover them with good cider vinegar; let stand over night; crush and strain. To

one pt. of juice, add one pt. of sugar, boil 10 minutes and bottle while hot. 1 or 2 T. of this syrup added to a glass of ice water makes a most refreshing summer drink.

PUNCH FOR SIXTY PEOPLE

Mrs. Henry Ness

Juice of 12 lemons and 6 oranges strained. 3 C. sugar, 2 gal. orange pekoe tea. The hot tea poured over 2 glasses of currant jelly, is quite an addition. Serve iced.

ARCTIC ALE

2 C. freshly made strong tea poured over $\frac{1}{2}$ C. sugar, while hot. Add juice of 4 lemons, 2 oranges, 3 C. ginger ale. Pour into glasses with cracked ice and garnish with mint leaves.

RHUBARB PUNCH (24 servings)

1 qt. rhubarb diced	1 C. sugar	$\frac{1}{4}$ C. lemon juice
$\frac{1}{4}$ C. orange juice	1 qt. water	1 c. water

Cook rhubarb in water until plant is soft. Strain through double thickness cheese cloth, and add orange and lemon juice. Add $1\frac{1}{2}$ C. syrup made by gently cooking 8 minutes without stirring, 1 C. each sugar and water. Add carbonated water if desired. Serve ice cold.

COFFEE

Steaming, fragrant coffee, sparkling in the cup on a crisp, cool morning, will start the day right.

To each rounding T. of ground coffee use 1 C. hot water; bring to boil and let steep 5 minutes.

In making coffee in drip coffee pot, use a rounding T. of finely ground coffee to each C. of boiling water. Pour through three times while keeping coffee over a low flame.

When making coffee with a percolator, use the same proportions of coffee and water and allow to percolate 5 minutes, or until of desired strength.

COFFEE FOR FIFTY PEOPLE

1 lb. for 50 people

Mix coffee with 1 egg and a little cold water, and put into bag. Drop it into boiling water. Let it boil a little, then stand without boiling until it is of desired strength. Remove bag and serve.

ICED COFFEE

1 qt. strong coffee	$\frac{1}{2}$ pt. coffee cream
---------------------	--------------------------------

Fill tall glasses with cracked ice, pour $\frac{3}{4}$ full with hot coffee. Add 2 T. cream; add more ice; top with whipped cream. Serve.

TEA

ESSENTIALS IN MAKING TEA

Use freshly boiled water, actively boiling when poured upon tea.

Have porcelain or china pot or pitcher previously heated by allowing boiling water to stand in pot for a few minutes.

Place tea in hot pot, pour on boiling water, cover, and let brew 3 minutes. Remove tea. Serve.

1 t. tea will make 3 servings of usual strength.

When a large quantity of tea is needed, make the concentrated tea and add to boiling water and serve; or

Tea leaves may be placed in cheesecloth bag and dipped into the boiling water, removing bag when tea is of desired strength.

Never boil tea.

TO MAKE ICED TEA

Pour freshly made tea into glasses containing cracked ice. Serve granulated sugar, sections of lemon, and sprigs of mint leaves with iced tea.

BOHEMIAN TEA

In 24 C. water place 1 t. ground cinnamon and 1 t. ground cloves in muslin bag, boil. Put 5 t. orange pekoe tea in a bag, add boiling water, take off fire, cover, and let stand 5 minutes. Remove spices and tea, add the juice of 6 oranges, 3 lemons, and 2 lb. sugar. Keep hot and serve.

COCOA

1 T. grated chocolate

1 T. cocoa

1 T. sugar

few grains salt

Mix and boil in 1½ C. water several minutes. Add 1½ C. milk; when hot add a few drops of vanilla, beat well. Serve with whipped cream or marshmallow. Makes 4 C. If chocolate is not used, put in twice the amount of cocoa and ¼ t. cornstarch. Let cook well before adding hot milk. Let cocoa or chocolate cool and serve in glasses with dipper of vanilla ice cream added, just before serving. Try this for children's party, served with cookies or angel cake.

VIENNA CHOCOLATE

2 sq. unsweetened
chocolate

1 pt. water
salt

1 C. sugar
1 t. cornstarch

Cook above ingredients well. Add 1 pt. hot milk. Set off fire. Beat 1 egg very light, add to it 1 C. hot water and stir into heated mixture. Serve.

CHOCOLATE SYRUP

2 sq. chocolate

¾ C. sugar

1 C. boiling water

1 T. corn sugar
pinch salt

Melt chocolate over hot water, add sugar, syrup, and salt. When well mixed add boiling water gradually, that mixture may remain smooth. Boil 5 minutes. This may be kept in a glass jar in ice box and used for cold drinks or used as a sauce on ice cream or molded rice.

EGGNOG

Mrs. Frank D. Paine

Beat the yolk of 1 egg slightly, add ¾ t. sugar, ¼ t. vanilla, pinch of salt, add gradually ⅔ C. cold milk. Fold in beaten white, sprinkle with nutmeg. Serve.

BREAD, ROLLS, BISCUITS, MUFFINS

*"A slice of bread, with butter on't,
May feed a king;
A biscuit with a crust upon't
Is comforting.
The everyday necessities, no doubt,
Are those which none of us can do without."*

WHITE BREAD

Mrs. W. F. Beard

Boil three medium sized potatoes, mash fine, add $\frac{1}{2}$ C. sugar and enough water to potato water to make 2 qt., add soaked cake of yeast. Let stand over night in a warm place. In the morning add 1 T. lard and flour enough to thicken. As soon as it rises add salt and flour to mix. Let stand $\frac{1}{2}$ hour and work down. Let it raise the second time and mold.

WHITE BREAD

Mrs. Elmer Coffin

2 C. milk (heated and cooled)	1 cake compressed yeast	salt 2 T. lard 2 T. sugar
6 C. flour		

Mix until elastic, let rise until double in size, mix into loaves. Let rise again and bake. Water may be used instead of milk. Use 2 or 3 cakes of yeast if you wish to shorten time.

WHOLE WHEAT BREAD

Mrs. T. J. Link

1 cake compressed yeast	1 T. salt	1 T. shortening
	1 T. sugar	2 qt. whole wheat flour
$\frac{1}{2}$ C. warm water	1 qt. warm water	

Dissolve yeast cake in $\frac{1}{2}$ C. warm water, add to other ingredients and mix well. Let rise until double its bulk. Punch down and let rise again, after which put in pans and when light bake in medium hot oven for 1 hour.

OATMEAL BREAD

Mrs. F. H. Waters

3 C. rolled oats		$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. sugar	2 T. butter	$\frac{1}{2}$ C. chopped raisins
1 pt. bread sponge	$\frac{1}{2}$ t. soda	3 C. boiling water

Mix all ingredients except sponge, stir well, let stand until lukewarm, add sponge, stir in wheat flour until quite soft, knead 10 minutes. Fill BP. cans half full and let double in bulk before putting in oven. Bake 1 hour.

PENNY PUFFS

Mrs. Julius Tilden, Mrs. L. H. Pammel, Mrs. Elmer Coffin

1 cake dry or 2 cakes compressed yeast	3 $\frac{1}{2}$ T. lard	$1\frac{1}{2}$ t. salt
2 well beaten eggs	$\frac{1}{2}$ C. sugar	2 C. warm water flour to mix stiff

Dissolve the lard, salt, and sugar in the warm water, add the eggs, yeast softened in a little water, flour to mix stiff; knead; put to rise in a well-greased bread bowl. When light, pinch off small pieces, put in gem pans, let rise until very light. Bake 20 minutes in quick oven.

BOHEMIAN COLOCHES

Mrs. D. D. Reynolds

- | | | |
|-------------|-------------------|------------------------|
| 2 C. milk | | 1/2 C. sugar |
| 2 T. butter | 1 cake compressed | 1/4 C. lukewarm water |
| 1 t. salt | yeast | 3 C. flour, for sponge |

Pour scalded milk on butter, sugar, and salt, and when lukewarm add dissolved yeast. Add flour for sponge and let rise. When light add flour to make stiff dough and knead until elastic. Let rise until double in bulk, knead again and roll 1/2 inch thick. Cut in rounds and place 1 t. prune mixture on each. Let rise until double in bulk and bake 15 minutes in a hot oven.

Prune Mixture

- | | | |
|----------------------------------|--------------|---------------------|
| 3 C. cooked and pitted
prunes | 1/2 C. sugar | 1 t. cinnamon |
| Mix thoroughly and use as above. | | 1/2 C. chopped nuts |

BUTTER HORNS

Mrs. B. W. Hammer

- | | | |
|---|--------------------|-----------------------|
| Crumble 1 compressed yeast cake, add 1 T. sugar, stir until liquid, add | | |
| 1 C. lukewarm milk | 1/2 scant C. sugar | 4 C. sifted flour or |
| 1/2 scant C. shorten-
ing | 3 well beaten eggs | enough to make a |
| | 1/2 t. salt | soft dough, but stiff |
| | | enough to knead |

In the morning place on bread board, knead a little, cut in half, roll each piece as nearly round as possible and about 1/4 inch in thickness, cut like pie into 16 pieces. Beginning at broad end, roll each roll up towards small end, put in buttered tins, let rise, and bake in a moderate oven about 20 minutes.

CINNAMON ROLLS

Mrs. H. M. Adams

- | | | |
|-------------|--------------|----------------------|
| 3 C. sponge | | 1 heaping T. lard |
| 1/2 C. milk | 1/2 C. sugar | 1 T. mashed potatoes |
- In the morning mix (not quite as stiff as for bread), let rise as for bread. When light roll out as for biscuit, spread with butter, cinnamon, and brown sugar, roll up and slice off in 1 inch slices. Let rise and bake.

CLOVER LEAF ROLLS

- | | | |
|---------------------|--|----------------------------|
| 1/2 C. scalded milk | 1 yeast cake dissolv-
ed in lukewarm
water | flour |
| 2 T. sugar | | 1 egg |
| 1/2 t. salt | | few gratings lemon
rind |
| 2 T. melted butter | | |

Add sugar and salt to milk. When lukewarm, add dissolved yeast cake and 3/4 C. flour, mix well, stir in the butter, egg well beaten, lemon rind, and 1 1/4 C. flour. Toss on a lightly floured board and knead. Return to bowl, cover, and let rise until double its bulk. Pat and roll to 1/2 inch thick, cut with a small cutter (a little larger than a thimble), grease muffin tins and place 3 of the small rolls in each. Let rise again and bake in a hot oven 400°, 20 minutes.

ICE BOX ROLLS

Mix 2 C. of boiling water, $\frac{1}{2}$ C. sugar, 1 T. salt, 2 T. shortening, and cool to lukewarm. Soften 2 cakes compressed yeast in $\frac{1}{4}$ C. lukewarm water, add 1 t. sugar and stir into the first mixture, then add 4 C. flour, stir well, add $3\frac{1}{2}$ C. flour, or enough to make like bread dough, stir well but do not knead, cover, and put in the ice box. For light rolls, shape and put into greased pans to double in bulk which takes about 3 hours. If the dough is held at sufficiently low temperature it will keep a week.

ORANGE ROLLS

Mrs. Proper

1 cake compressed yeast		2 eggs
$1\frac{1}{2}$ C. lukewarm water	$\frac{2}{3}$ C. sugar	1 C. mashed potato
$\frac{2}{3}$ C. shortening	1 t. salt	$7\frac{1}{2}$ C. flour

Crumble yeast in cup and add $\frac{1}{2}$ the warm water. Cream sugar, salt and shortening. Blend in mashed potato, add well beaten eggs and yeast mixture. Sift flour once before measuring. Add half the flour with the remaining warm water, beat well, mix in remaining flour with hands, knead in bowl until dough becomes smooth, let rise until double in bulk, punch down, cover tightly, and place in ice box. Use as desired.

Dressing for Orange Rolls

1 C. sugar		$\frac{1}{2}$ C. orange juice
grated rind 2 oranges	2 T. butter	and pulp

Cook sugar and orange juice 3 minutes, add butter and rind, cook until thickened slightly, cool. Roll dough in narrow oblong shape, spread with the orange mixture, sprinkle with a little sugar, and roll up like jelly roll. Slice in 1 inch slices. Place in greased pan or muffin tins and let rise until double in bulk. Bake in moderate oven 20 minutes. These may be frosted with a frosting of powdered sugar, orange juice, and a little rind.

PARKER HOUSE ROLLS

Mrs. R. C. Brockmann

2 C. milk		
2 T. sugar	1 t. salt	1 cake compressed
4 T. butter	6 C. flour	yeast

Scald and cool milk, dissolve sugar and yeast in lukewarm milk, add $1\frac{1}{2}$ pt. flour and beat until smooth, cover and let rise in a warm place until light, add butter, salt, and $1\frac{1}{2}$ pt. flour, knead well, let rise $\frac{3}{4}$ hour, knead, let rise about $\frac{1}{2}$ hour. Place on bread board and roll $\frac{1}{4}$ -inch thick, brush lightly with melted butter, cut with 2-inch biscuit cutter, crease through center with dull edge of knife, fold over like a pocketbook, place 1 inch apart in pans, let rise 1 hour, bake in hot oven 10 minutes.

COFFEE CAKE

Mrs. R. C. Brockmann

2 C. milk		1 cake compressed
5 T. sugar	1 egg	yeast
1 t. salt	4 T. butter	6 C. flour

Scald and cool milk, dissolve 2 T. sugar and yeast in lukewarm milk, add 3 C. flour and beat until smooth, cover and let rise in a warm place until sponge is light, add eggs well beaten to melted butter, salt, 3 T.

sugar and 3 C. flour (more flour may be necessary). Let rise 45 minutes, knead well, let rise again between 30 and 45 minutes. Divide, roll about 1 inch thick, place in pans, spread with butter, cinnamon, and sugar, bake 20 minutes in a moderately hot oven.

POTATO ROLLS

Mrs. K. G. Smith

3 medium sized potatoes	1 t. (rounded) butter	1 C. scalded milk
boiled, put through a	1 t. sugar	1 t. salt
sieve	1 cake compressed	2 well beaten eggs,
1 T. lard	yeast	3½ C. flour

Make out and mold, let rise 3 hours, take out on board and roll ½ inch thick, cut out and roll in melted butter, let rise 2 hours, bake 15 minutes in hot oven. Makes 120 rolls.

ROLLS

Mrs. Frank S. Edge

1 pt. scalded milk		1 cake compressed
2 T. sugar	4 T. fat	yeast

Scald milk with sugar and fat, cool. 1 t. salt. Crumble yeast in, add 1½ pt. flour, stir well and let rise until light. Add another 1½ pt. flour, let rise and roll, cut with small cookie cutter, butter, fold over, let rise and bake.

DENVER ROLLS

Mrs. J. B. Quig

1 qt. milk	1 C. mashed potatoes	1 t. BP.
⅓ C. sugar	1 t. salt	1 cake compressed
1 C. (scant) butter	1 t. (scant) soda	yeast

Scald milk, add sugar, potatoes and shortening. When lukewarm add flour to make thin batter and yeast dissolved in a little warm water. Let stand until light, then add salt, soda, BP. and flour to make soft dough, put in refrigerator until an hour before wanted. Make into rolls, let rise in warm place and bake in quick oven.

CARAMEL PECAN ROLLS

Make a caramel mixture by cooking 2 T. butter and 1 C. sugar until light brown, add 1 C. boiling water and cook to a heavy syrup, put into a baking dish and sprinkle with nut meats. Roll the dough out to less than ½ inch in thickness and in an oblong shape, brush with melted butter, roll loosely the short way, cut crosswise in pieces about 2 inches long, put into the caramel mixture on the cut edge allowing at least 1 inch around each one for rising. Bake about 30 minutes.

PENNY ROLLS

Mrs. F. M. Coulter

1 cake yeast in ½ C.		½ C. sugar
lukewarm water	1 C. scalded milk	1 scant T. salt
1 C. warm water	2 T. lard or butter	2 eggs

Add flour to make a soft dough, let rise until light, put in pans and when light again bake in moderate oven 15 minutes.

PECAN ROLLS

Mrs. F. S. Edge

- | | | |
|-------------------|------------------|-----------------------|
| 1/2 C. shortening | 3 C. flour | 3 T. granulated sugar |
| 1 C. milk | 1/2 t. salt | 1 t. cinnamon |
| 6 t. BP. | 4 T. brown sugar | 1 egg |

Sift together flour, salt, and BP.; blend in shortening and add liquid to make a soft dough, roll in oblong sheet, spread with butter, sprinkle with sugar and cinnamon and roll into long roll, cut in slices about 1 inch thick.

Filling

- | | | |
|-------------|------------------|------------------|
| 2 T. butter | 4 T. brown sugar | 1 C. pecan meats |
|-------------|------------------|------------------|

Melt butter and sugar and spread mixture in pan, sprinkle nut meats on top, place rolls on this mixture and bake for 20 minutes in hot oven. The bottom of rolls will be caramelized. This makes 8 medium rolls.

NUT BREAD

Mrs. E. E. Little

- | | | |
|-------------------|----------------|-----------------|
| 1 C. sugar | 1 t. salt | 2 C. raisins |
| 2 C. graham flour | 1 t. BP. | 2 C. sour cream |
| 1 C. white flour | 2 C. nut meats | 1 t. soda |

Steam raisins for 10 minutes, chop nut meats, combine all dry ingredients except soda, add nut meats and raisins, dissolve soda in sour cream, add to dry mixture, mix thoroughly, divide into 2 loaf pans, let stand 15 minutes and bake in slow oven. Makes 2 small loaves.

NUT BREAD

Mrs. John Campbell

- | | | |
|----------------|-------------------|-------------------|
| 1 C. nut meats | 1/2 t. salt | 1 C. sugar |
| 1 C. raisins | 2 C. sour milk or | 2 C. graham flour |
| 1 t. soda | cream | 1 C. white flour |

Bake 45 minutes in slow oven.

NUT BREAD

- | | | |
|-------------------|--------|-----------------------|
| 2 C. white flour | 2 eggs | 1 1/2 C. chopped nuts |
| 2 C. graham flour | milk | 1 t. salt |
| 1 C. sugar | | 2 t. BP. |

Mix dry ingredients, beat eggs, put into cup, fill cup with milk, add 1 C. more of milk, combine mixtures, put into loaf pan, let rise 20 minutes, bake 1 hour in moderate oven.

NUT BREAD (2 loaves)

Mrs. E. B. Bush

- | | |
|----------------------|---------------------|
| 4 C. flour | 1 t. salt |
| 5 t. BP. | 1 C. English walnut |
| 1/2 C. sugar (scant) | meats |
| 2 eggs | |
| 2 C. milk | |

Sift dry ingredients, add cut up walnut meats, beat eggs, add milk, add to dry ingredients, divide evenly, let rise 20 minutes in warm place, bake 45 minutes in moderate oven.

DATE AND NUT BREAD

Mrs. B. F. Knudson

- | | | |
|------------|-------------|----------------------|
| 4 C. flour | 4 t. BP. | 1 C. chopped nuts |
| 1 C. sugar | 1/2 t. salt | 1 C. (or more) dates |

Mix dry ingredients and add 2 C. rich milk with 1 egg, let rise from 20 to 30 minutes and bake in moderate hot oven.

BRAN BREAD

Mrs. J. E. Cagwin, Mrs. O. P. Rutledge

$\frac{1}{2}$ C. sugar	1 t. soda	2 C. bran
2 eggs	2 C. white flour	$1\frac{1}{2}$ C. sweet milk and
2 T. butter	1 C. dates or raisins,	2 T. BP. may be us-
1 t. salt	cut fine	ed instead of sour
$1\frac{1}{2}$ C. sour milk		milk and soda

BAKED BROWN BREAD

Mrs. Will Dodds

1 C. molasses	$\frac{1}{2}$ t. salt	2 C. graham flour
1 C. sugar	$\frac{1}{2}$ C. raisins	$2\frac{1}{2}$ C. white flour
2 T. lard	2 C. sour milk	2 t. soda in molasses
2 eggs		Bake 1 hour

BAKED BROWN BREAD

2 C. graham flour	1 t. soda	2 C. sour milk
1 C. white flour	1 t. BP.	2 C. raisins
$1\frac{1}{2}$ C. brown sugar		

Combine ingredients, let stand 15 minutes, bake in moderate oven.

STEAMED BROWN BREAD

Mrs. G. E. Farnum

2 C. corn meal	1 C. sour cream	2 t. BP.
2 C. graham flour	1 C. sour milk	$\frac{1}{2}$ t. soda in sour milk
1 C. molasses	2 C. sweet milk	1 t. salt
1 egg		

Fill baking cans $\frac{2}{3}$ full, steam 2 hours, bake $\frac{1}{2}$ hour.

STEAMED BROWN BREAD

*Mrs. Anson Marston**First Part*

1 C. molasses (not too strong)	$\frac{1}{2}$ C. brown sugar	1 t. soda in a little warm water
Mix all together.	2 C. white flour	

Second Part

2 C. sour milk	2 C. graham flour	1 t. soda
Mix all together.		

Method: Combine both mixtures and add $\frac{1}{2}$ lb. floured raisins and steam 3 hours.

ENGLISH MUFFINS

Mrs. H. W. Richey

$\frac{1}{3}$ C. butter	1 egg	2 C. flour, measured after being sifted twice
$\frac{1}{4}$ C. sugar	1 heaping t. BP.	
$\frac{1}{4}$ t. salt	$\frac{3}{4}$ C. milk	

Cream butter and sugar, add salt, beat egg thoroughly with rotary beater, add milk to egg and then add this mixture and the flour into which the BP. has been sifted, to the creamed butter and sugar alternately. Bake in moderately hot oven. Raisins may be added if desired.

BOSTON BROWN BREAD

1 C. corn meal	1 t. salt	
1 C. graham flour	2 t. soda	$\frac{1}{2}$ C. molasses
1 C. flour	$\frac{1}{3}$ C. sugar	$1\frac{1}{3}$ C. sour milk

Mix and sift the corn meal, flour, salt, soda, and sugar, add the rest of the ingredients and beat for 2 minutes, fill steaming molds $\frac{1}{2}$ full, cover tightly and steam for 3 hours.

CORN MUFFINS

Mrs. C. E. Wygant

$\frac{1}{2}$ C. corn meal		1 egg
3 T. sugar	2 t. BP.	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ C. white flour	$\frac{1}{4}$ t. salt	1 T. melted butter

Mix the corn meal, sugar, flour, BP. and salt, add the beaten egg in the milk, beat vigorously, add the melted butter and mix well, pour into well-buttered muffin tins and bake 20 minutes in a moderate oven. This makes from 6 to 8 muffins.

BRAN MUFFINS

Mrs. R. C. Brockmann

2 T. butter	1 C. all-bran	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ C. sugar	1 C. flour	1 C. sour milk
1 egg	$\frac{1}{2}$ t. soda	1 t. BP.

Cream butter and sugar, add the egg and beat, mix and sift flour, BP. and salt, add soda and sour milk. To creamed mixture add the bran, then the milk alternately with the dry ingredients, beat well, bake in well buttered muffin tins about 20 minutes. This makes from 8 to 12 muffins.

WHOLE WHEAT MUFFINS

Mrs. Milton W. Shupe

1 C. white flour		$\frac{3}{4}$ t. salt
1 C. whole wheat flour	4 t. BP.	1 C. milk
4 T. butter	$\frac{1}{4}$ C. sugar	1 egg

SWEET MUFFINS

Mrs. C. S. Dorchester

$\frac{1}{4}$ C. butter		
$\frac{1}{4}$ C. sugar	2 C. flour	$\frac{1}{2}$ t. salt
1 egg	4 t. BP.	1 C. milk

Cream butter and sugar, add well beaten egg, sift together flour, salt and BP., add alternately with milk, bake in buttered pans at 425° 20 minutes.

Variations—Add $\frac{3}{4}$ C. nutmeats for nut muffins.

For raisin muffins add $\frac{3}{4}$ C. raisins and for date muffins add 1 C. chopped dates.

BLUEBERRY MUFFINS

$\frac{1}{4}$ C. butter	$1\frac{1}{2}$ C. flour	3 t. BP.
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. milk
1 egg		1 C. blueberries

Sift flour, salt, and BP. together; cream butter, add sugar, flour mixture, and milk alternately, then the blueberries. Bake in muffin tins 30 minutes. 12 muffins.

BLUEBERRY MUFFINS

Mrs. Henry Wilson

2 C. sifted pastry flour	$\frac{1}{2}$ t. salt	2 T. melted butter
4 level t. BP.	1 egg beaten light	1 C. blueberries
1 C. sugar	$\frac{1}{2}$ C. sweet milk	dredged with flour

Sift together dry ingredients and mix with egg and milk, beat in the butter and berries, bake in muffin pans.

APPLE MUFFINS

Minnie Rice

$\frac{1}{4}$ C. butter	1 t. cinnamon	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ C. sugar	2 C. flour	2 C. chopped raw apples
1 egg	4 t. BP.	$\frac{1}{2}$ C. sugar on apples
1 C. milk		

Pare apples and chop and put sugar over them, let stand while mixing batter, cream sugar and butter, add well-beaten egg, mix flour, salt, cinnamon, and BP., and add alternately with milk, fold in apples last, bake in muffin pans. Makes 12 or 15 muffins.

DATE MUFFINS

Mrs. J. H. Hoke

$\frac{1}{3}$ C. butter	1 egg	2 C. flour
$\frac{1}{4}$ C. sugar	$\frac{3}{4}$ C. milk	$\frac{1}{4}$ lb. dates
$\frac{1}{2}$ t. salt		4 t. BP.

Cream butter and sugar, add beaten egg, then milk, beat well, bake 20 minutes.

DIXIE FLYER CORN STICKS

Etta M. Budd

$2\frac{1}{2}$ C. corn meal	$\frac{1}{2}$ t. salt	1 t. BP.
$\frac{1}{2}$ C. flour	$\frac{1}{4}$ t. soda	$\frac{1}{2}$ C. shortening
2 eggs		

Mix corn meal and flour together and use amount of sweet milk or buttermilk to make heavy batter. When sweet milk is used, do not use soda, add shortening, eggs, and salt and mix together in smooth batter. Have corn stick molds hot and well greased, fill molds and bake until well browned.

GRAHAM GEMS

Mrs. E. E. Little

1 C. sour milk	2 T. brown sugar	1 egg
$\frac{1}{2}$ t. soda	1 t. salt	1 T. butter

Add graham flour to make thin batter and bake in hot oven 15 minutes.

GRAHAM GEMS

Mrs. J. H. Williams

1 C. graham flour	$\frac{1}{3}$ C. sugar	1 T. butter
1 C. flour	2 t. BP.	1 egg
1 C. sweet milk		salt

COFFEE CAKE

Angela Shugart

1 egg	3 t. BP.	$\frac{1}{3}$ C. sugar
$\frac{1}{2}$ t. salt	1 C. milk	2 C. flour

Beat egg light and mix all together, put in 2 pie tins, sprinkle with heavy coat of brown sugar, cinnamon, and scatter 1 T. of melted butter over each.

COFFEE CAKE

Mrs. J. G. Hummel

$1\frac{1}{2}$ C. sugar	2 t. BP.
1 t. butter	flour enough for stiff
1 egg	batter

Place in greased pan and cover with bits of butter, sprinkle of sugar and 1 t. cinnamon.

Note. Nuts may be added if a richer cake is desired.

QUICK COFFEE CAKE

Mrs. W. H. Jameson

1 C. flour	salt
$\frac{1}{2}$ C. sugar	1 t. cinnamon

Mix this in soft dough with 4 T. melted butter, $\frac{1}{2}$ C. milk, 1 beaten egg, put in shallow pan, sprinkle sugar and cinnamon on top, bake in quick oven about 15 minutes.

BANANA BREAD

Mrs. Theo. Houser

3 C. flour	1 C. milk
6 t. BP.	1 egg
3 T. sugar	$\frac{1}{2}$ t. salt

Mix and sift dry ingredients, mix egg, melted butter, and milk and add to dry ingredients, mix well and spread in 2 sq. cake pans. Slice bananas over the top and press into the dough. Mix 3 T. sugar, 1 t. cinnamon, $\frac{1}{2}$ t. salt, and 1 T. melted butter, spread over the bananas, bake in a quick oven.

BANANA BREAD

Mrs. Floyd Williams

1 C. sugar	1 C. English walnut	2 eggs
$\frac{1}{2}$ C. butter	meats	1 t. soda
2 C. flour	3 bananas crushed	pinch of salt

Mix dry ingredients together, cream butter and sugar, add beaten eggs, sour cream, bananas, nuts, and flour, grease and fill 2 round 1 lb. coffee cans about $\frac{3}{4}$ full, bake for 1 hour at 325° , or a moderate oven.

Note. Nuts may be ground or cut in pieces. Delicious to use as nut bread sandwiches.

ORANGE BREAD

2 orange rinds, ground	3 C. flour	1 C. milk
1 C. sugar	3 t. BP.	1 egg
$\frac{1}{2}$ C. water	1 t. salt	1 T. melted butter

Mix well and add rind syrup, let rise 20 minutes, bake slowly about 40 minutes.

SPOON BREAD

J. Monroe Allen (famous colored cook)

To 1 pt. sour milk add 1 t. soda, 1 t. salt, $\frac{5}{8}$ C. yellow corn meal, 2 eggs beaten, melted lard the size of an egg, mix thoroughly and pour into oiled pudding dish, bake in medium hot oven 30 to 40 minutes.

SPOON BREAD

Mrs. C. Hamilton $\frac{1}{2}$ C. Indian meal

1 pt. milk

Cook these into a porridge and when cold add 2 eggs well beaten, butter size of small egg, scant T. sugar, t. salt. Add a little milk if needed to make it rather thin, beat well, bake in slow oven 35 minutes in a well-greased pan.

GRAPENUTS BREAD

Mrs. Frank Gould

2 C. sour milk

2 t. BP.

1 C. grapenuts

2 C. sugar

1 t. soda

4 C. flour

2 eggs

salt

Soak grapenuts in milk for 2 minutes, add sugar, salt, and eggs, beat well, sift flour, soda and BP., add and stir well. Bake in moderate oven 30 or 40 minutes or until it leaves sides of pan.

CORN BREAD

1 C. yellow corn meal

1 egg well beaten

1 C. flour

1 t. salt

1 C. sweet milk

4 t. BP.

1 T. sugar

3 T. melted fat

Mix egg and milk together with melted fat, add to dry mixture, beat well, and bake in moderate oven.

CRISP CORN BREAD

Mrs. C. S. Dorchester $\frac{3}{4}$ C. corn meal

3 t. BP.

 $\frac{1}{2}$ C. milk $\frac{1}{4}$ C. flour

1 egg

2 T. melted butter

 $\frac{1}{2}$ t. salt

Mix and sift dry ingredients, beat egg and milk together, combine the two mixtures and add the melted butter. Spread thin in a well buttered pan, bake at 450° for 15 minutes.

BAKING POWDER BISCUITS

*Mrs. F. W. Lang*2 $\frac{1}{2}$ C. flour

3 T. butter

1 t. salt

5 t. BP.

1 C. cold milk

Sift well all dry ingredients, rub in butter lightly as possible, mix to a soft dough with milk, beat with a fork for 1 minute. Turn dough on a floured board, pat with hands $\frac{3}{4}$ of an inch thick, cut biscuit and lay them, not touching each other, on a baking pan. Bake in quick oven 15 minutes.

EMERGENCY BISCUIT

Margaret Everett

2 C. flour

4 T. butter

 $\frac{2}{3}$ C. milk $\frac{1}{2}$ t. salt

4 t. BP.

Drop on baking sheet.

SOUR CREAM BISCUITS

2 C. flour		$\frac{1}{2}$ t. soda
2 t. BP.	$\frac{1}{2}$ t. salt	1 C. sour cream

SHORT CAKE

Mrs. E. E. Sowers

To your favorite BP. biscuit recipe, add 1 T. sugar and 1 well beaten egg. This makes a rather soft dough. When it is spread out in the pan, ready for the oven, scatter $\frac{1}{2}$ C. sugar over the top and bake. Serve with any desired fruit. Strawberries, raspberries, or peaches are better crushed with sugar and allowed to stand an hour before pouring over the cake.

SHORT CAKE FOR TWO

Belle Rutherford

$\frac{2}{3}$ C. flour	little salt	1 T. butter
$1\frac{1}{2}$ t. BP.	1 T. sugar	$\frac{1}{3}$ C. skimmed milk

OLD-FASHIONED SHORT CAKE

2 C. sifted flour	$\frac{1}{2}$ t. salt
4 t. BP.	4 T. shortening
	$\frac{2}{3}$ C. milk

Mix and sift the dry ingredients, cut the shortening quickly into the flour mixture, add the milk slowly, using enough to make a soft dough, knead the dough lightly for about a minute, pat it out gently with the finger tips into coffee cake or biscuit pan, or cut it into individual biscuits, bake in a hot oven (450°) for about 12 minutes. Split the biscuits, butter generously, cover with crushed, sweetened berries and whipped cream. Serve hot.

GRIDDLE CAKES

Mrs. A. B. Maxwell

$1\frac{3}{4}$ C. flour	3 t. BP.	$1\frac{1}{2}$ C. milk
$\frac{1}{2}$ t. salt	2 eggs	1 T. butter

Bake on aluminum griddle without greasing.

SOUR CREAM GRIDDLE CAKES

1 C. sour cream	$\frac{1}{4}$ t. salt
1 C. bread crumbs	$\frac{1}{2}$ t. soda
2 eggs	

Add flour to make a thin batter. Bread crumbs may be omitted.

WAFFLES

1 C. milk	$\frac{1}{8}$ t. salt	2 t. BP.
2 eggs	$\frac{1}{4}$ C. melted butter	$1\frac{1}{2}$ C. flour

WAFFLES

Daisy Ann Johnson

$1\frac{1}{2}$ C. flour	3 eggs
1 T. BP.	$\frac{1}{4}$ C. oil or melted
1 C. water	butter
	1 t. salt

Mix like muffins or pancakes, add oil last. Grease waffle iron only for first waffle.

WAFFLES

Mrs. J. C. Eldredge

2 C. sifted flour	1 t. salt	2 eggs
4 t. BP.	4 T. melted butter	1 1/4 C. milk

Sift together dry ingredients, add milk combined with the egg yolks, add melted butter and lastly the beaten egg whites.

GREEN CORN WAFFLES

Sift together 1 1/4 C. of flour, 4 1/2 t. BP., 1/2 t. salt, beaten yolks of 3 eggs, add 1/2 C. green corn, 1/2 C. cream, and 1/3 C. melted butter, mix and stir into dry ingredients, fold in whites of 3 eggs well beaten, bake at once on a well greased waffle iron.

DELICIOUS WAFFLES

2 C. flour	1 3/4 C. milk	2 egg whites
4 t. BP.	2 egg yolks	2 T. melted butter
1/2 t. salt		

Mix and sift dry ingredients, add milk gradually, egg yolks well beaten and whites beaten stiff, cook on a greased hot waffle iron. May be served with either well sugared strawberries or red raspberries.

CREAM OR MILK TOAST

Cover buttered toast with hot cream or milk.

CINNAMON TOAST

Spread over buttered toast a mixture of 1 part cinnamon to 4 of sugar, place in oven and heat until butter and mixture combine.

DREAM TOAST

4 slices bread	hot fat	1/4 C. grated cheese.
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Cut 4 slices bread and spread with cheese, press together like a sandwich, fry to a golden brown in hot fat. Serve immediately.

FRENCH TOAST

2 eggs	1 t. salt	slices of bread
1 C. milk		

Beat eggs slightly, add milk and salt, dip bread into mixture and fry to a golden brown.

SOUR CREAM TOAST

Etta M. Budd

Heat sour cream and season with salt, dip either toast or zwieback in it and serve hot.

DELICIOUS TOAST

Cut slices of bread ordinary thickness and butter evenly on both sides, have skillet on hot stove and before putting bread in be sure the skillet is hot, but not hot enough to burn the bread. Place the buttered slices in skillet and let brown, turn when a golden brown.

EGGS, CHEESE, MACARONI, CEREALS

*"O egg, within this oval shell
What palate's tickling joys do dwell."*

EGGS

To keep left over yolks of eggs fresh, put into a bowl and cover with cold water.

Three minutes boils eggs soft. Five minutes cooks all hard except yolk.

To prepare soft eggs, drop in boiling water, then remove dish from stove, letting stand ten minutes before removing the eggs. Eggs hard boiled should be dropped in boiling water, removed to back of stove, and kept just below boiling point for one-half hour.

EGGS WITH WHITE SAUCE

Mrs. Elmer Coffin

Boil 6 eggs hard, remove shells and slice lengthwise, melt 3 T. butter, add 2 T. flour, stir until smooth, add 2 C. milk. Cook until creamy and pour over eggs.

EGGS WITH TOMATOES

Mrs. R. A. Pearson

1 T. butter		
1 T. flour	1½ C. cooked to-	cayenne pepper
salt	matoes	4 eggs

Put butter in saucepan, stir until melted and bubbling, add flour mixed with seasoning and stir until thoroughly blended, then add tomato, cook until creamy; into this drop the eggs, baste. Serve on toast. This makes a good luncheon or supper dish.

BAKED EGGS

Mrs. R. L. Cochran

Line muffin tins with strips of bacon, set in oven until a small amount of fat can be seen in the bottom of tins, break an egg in each tin, season and return to oven. Bake about 15 minutes or until eggs are firm.

PRESSED EGGS

Mrs. J. C. Waterman

Use any number of eggs, boil until quite hard, remove shells, chop fine, add salt, pepper, mustard and 1 t. melted butter to each egg, mix well and press into bread pan, let stand 1 hour or more and slice.

BREAD OMELET

4 eggs	½ C. bread crumbs	½ t. salt
½ C. milk	1 T. butter	⅛ t. pepper

Soak bread crumbs in milk, add beaten yolks and season, fold in whites. A small quantity of BP. is used by some cooks to hold up an omelet.

MUSHROOM OMELET

Ruth C. Powers

4 eggs
 2 T. butter 4 T. milk 1/2 C. mushrooms

Chop and pan fry mushrooms in butter, beat egg yolks until creamy, add milk and beat again. Beat egg whites until they stand in peaks, fold in yolks very carefully, pour mixture over fried mushrooms and cook over a slow fire for 7 minutes. Brown top under broiler flame, cut partly through and fold over. Serve at once on a hot platter.

A heavy iron skillet is best for cooking. Serves 4.

OMELET

4 eggs 4 T. water or milk 1/2 t. salt

Beat whites and yolks separately, add salt and water to the yolks, then add the stiffly beaten whites. Pour in hot omelet pan, well greased with butter or bacon fat, brown on under side (the omelet will scorch easily, so lower the fire). Place in a moderately hot oven on the upper shelf for 3 to 5 minutes. Serve immediately.

SCRAMBLED EGGS WITH MUSHROOMS

Mrs. H. O. Hickok

2 T. butter 11/2 C. mushrooms cut
 1 T. flour in pieces
 1 C. milk 1/2 t. salt
 1/4 t. pepper 4 eggs

Melt butter, add flour, mix until smooth, add milk gradually and cook until mixture thickens. Saute the mushrooms in a little butter and add to the sauce with the pepper and salt, add eggs and beat them quickly into the creamy sauce, cook slowly, stirring constantly with a fork until creamy.

MUSHROOM WOODCHUCK

Mrs. R. L. Cochran

1/4 lb. butter 1/2 lb. grated cheese
 1 qt. milk 4 T. flour
 Make above into a sauce. Add chopped
 1 green pepper 1/2 red sweet pepper 1 tall can mushrooms
 Serve with chowmein noodles. 6 hard boiled eggs

CHEESE AND CELERY AU GRATIN

Mrs. S. H. Thompson

1 pt. cooked celery 3/4 C. grated cheese 3/4 C. cracker crumbs.
 1 pt. white sauce

Cut celery in inch pieces before cooking, add cream to water in which celery was cooked to make white sauce, put alternate layers of celery and sauce in a buttered baking dish and sprinkle each layer with cheese, cover top with buttered crumbs, set in oven to brown.

CHEESE PUFF

Mrs. M. F. Allen

Soak until soft 1 C. bread crumbs in sweet milk enough to cover, add 1 full C. grated cheese, 3 eggs well beaten, butter the size of an egg, melted. Mix crumbs, eggs, cheese and butter together and put in baking dish, sprinkle buttered crumbs over the top, bake 1/2 hour in rather hot oven.

CHEESE PUFF

Mrs. R. T. Jeffrey

- | | | |
|---------------------|------------------|------------------------|
| 1½ C. grated cheese | 3 eggs | 1 t. butter (softened) |
| ½ C. milk | 1 C. boiled rice | salt to taste |

Mix the ingredients together with beaten egg yolks, whip whites to stiff froth and fold in lightly, turn into a buttered baking dish and bake ½ hour.

CHEESE FONDUE

Mrs. Bruce Firkins

- | | | |
|-------------------------|-----------------------|--------------------|
| 1 C. grated cheese | | ¼ t. salt |
| 1 C. stale bread crumbs | 1 egg | 1 small t. mustard |
| 1 C. sweet milk | butter size of an egg | pepper |

Mix all together, adding butter last, bake in a moderate oven 15 or 20 minutes. Serve hot.

CHEESE SOUFFLE

Mrs. G. W. Snedecor

- | | | |
|------------------------|-----------|------------------|
| 1 C. soft bread crumbs | ½ t. salt | 2 eggs |
| 1 T. butter | 1 C. milk | ¼ lb. Am. cheese |

Scald the milk, add butter and salt, pour over bread crumbs, beat the eggs separately, very light, put in yolks, then whites, add the cheese cut up very fine or grated, bake about 15 minutes in a buttered serving dish.

CHEESE SOUFFLE WITH MUSHROOMS

Ruth C. Powers

- | | | |
|------------------------------------|---------------------|--------------------|
| ½ C. mushrooms,
canned or fresh | 3 T. minute tapioca | ¼ t. paprika |
| 2 T. butter | ½ C. milk | ½ C. grated cheese |
| | ½ t. salt | 3 eggs |

Chop mushrooms, pan fry in butter, heat milk in double boiler, add tapioca. Cook until clear, add beaten egg yolks, grated cheese, and cool. Add beaten egg whites, pour over mushrooms in buttered baking dish, bake 25 minutes in slow oven. Serves 4.

MAH JONG MIX

Mrs. John Hammill

- | | | |
|----------------------|-----------------------------------|--------------------|
| 1 C. uncooked rice | 1 C. olives (stuffed or
green) | ½ C. salad oil |
| 1 C. American cheese | | 2 C. boiling water |
| 1 qt. tomatoes | ½ C. onions | salt and paprika |

Cut olives, cheese, and onions rather fine, mix all together in baking dish, bake 2 hours in a medium oven. Will serve 12 or 14. If it gets dry with baking, add more water.

CONVENT PIE

Mrs. Jennie McElyea Beyer

- | | | |
|------------------------|-----------------------------|----------------------|
| ½ C. macaroni | | 1 t. onion juice |
| 1 C. cream | 1 t. red or green
pepper | 1 T. chopped parsley |
| 1 C. soft bread crumbs | | 3 eggs |
| ¼ C. butter | ½ C. grated cheese | 1 t. salt |

Cook macaroni in boiling salt water until tender, drain and rinse in cold water. Scald cream, add bread crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, beaten eggs, and macaroni. Line quart baking dish with waxed paper, turn in mixture. Set pan on many folds of

paper in dish of water and bake in moderate oven $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Serve with tomato or mushroom sauce.

MACARONI CREOLE

Etta M. Budd

- | | | |
|---------------------------------|--------------------------------|-------------------------------|
| 1 C. cooked macaroni | | |
| $\frac{1}{2}$ C. cooked peas | $\frac{1}{2}$ C. chopped green | $\frac{1}{2}$ C. bread crumbs |
| $\frac{1}{4}$ C. chopped celery | peppers | 2 C. tomatoes |
| $\frac{1}{4}$ t. paprika | 2 t. chopped onion | 2 T. butter |
- Mix and bake in a moderate oven.

ITALIAN SPAGHETTI

Mrs. Craig Stephenson

- | | | |
|------------------------|-------------------|------------------------|
| 2 large onions, ground | 1 lb. round steak | 1 large can tomatoes |
| fine | ground fine | 1 8-oz. pkg. spaghetti |
- Brown the onions in hot butter, add the ground meat, cooking and stirring until particles are separated and seared, add the tomatoes and cook slowly $1\frac{1}{2}$ hours or until thick, stirring frequently. Season to taste with salt and pepper. Cook spaghetti in boiling water until tender, drain and place on platter, cover with meat sauce and serve. This meat sauce is also delicious used with a can of red kidney beans instead of spaghetti.

CEREALS

Cereals are of much importance as a food since they furnish about $\frac{2}{5}$ of the food value of our diet and about $\frac{1}{3}$ of the protein. All cereal foods should be thoroughly cooked to render the starch palatable and more easily digested. Long cooking also softens the outside cellulose of the whole grains. The best method is to use a double boiler. Milk may be used instead of water for the liquid, but do not add the salt until cooked. Dates or raisins may be added to any cooked cereal just before serving.

GRANULATED WHEAT WITH DATES

Mrs. J. G. Hummel

- | | | |
|-----------------------|------------|-----------------------|
| 1 C. granulated wheat | 5 C. water | $\frac{1}{2}$ t. salt |
|-----------------------|------------|-----------------------|
- Cook 20 to 30 minutes, remove from fire, stir in $\frac{1}{2}$ C. cut dates, $\frac{1}{2}$ C. sugar, serve while hot, with cream. Can be molded for breakfast the night before and served cold, or steam molds in steamer and serve warm with cream and sugar. Will serve 6 or 8.

APPLES WITH OATMEAL

Mrs. R. E. Braun

Core apples, leaving large cavities, pare, cook until soft in syrup made by boiling sugar and water together, allowing 1 C. sugar to $1\frac{1}{2}$ C. water, fill cavities with oatmeal mush. Serve with sugar and cream.

OATMEAL GRUEL

- | | | |
|--------------|--------------------|---------------|
| 4 T. oatmeal | 2 C. boiling water | 1 C. hot milk |
|--------------|--------------------|---------------|
- Sugar and salt to taste (may be added toward the end of the cooking).

Cover oats with boiling water, place in double boiler, cook 20 or 30 minutes; for small children 1 to 2 hours. Add $\frac{1}{3}$ bran to vary your recipe. Brown sugar may be used to vary the flavor. Add hot milk and serve.

RICE

The best way to prepare rice for cooking is to blanch it. Put the rice over a hot fire in a large saucepan of cold water and stir occasionally while it is heating. Let boil for 5 minutes, then drain on a sieve and pass cold water from the faucet through it. The rice is now clean and the grains do not adhere to each other.

PLAIN BOILED RICE

Mrs. Quincy C. Ayres

1 C. rice 4 C. water 1 t. salt

Blanch and cook 1 hour in double boiler. $\frac{1}{2}$ C. sugar and $\frac{1}{2}$ C. cut dates may be added. Serve with whipped cream and cookies.

STEAMED WILD RICE

Mrs. F. H. Waters

1 C. wild rice 1 t. salt 2 T. butter
1 to 2 C. water

In a double boiler put rice, salt, butter, and $1\frac{1}{2}$ C. water, cook 30 minutes. If dry, add a little more water, being sure that all water is absorbed. May be used as stuffing for duck, wild game, or for fish by adding 1 T. chopped onion, 2 T. chopped nuts, $1\frac{1}{2}$ C. celery, and 1 egg.

RICE AND CARROTS

Mrs. Henry Wilson

1 C. rice $\frac{1}{2}$ doz. carrots med.

Boil rice 20 minutes, cook carrots until tender and dice, make rich white sauce (thick), add rice and carrots. Bake 20 minutes.

RICE AU GRATIN

Mrs. L. C. Tilden

Blanch $\frac{1}{2}$ C. rice, cook rapidly in a relatively large amount of salted water until the grains are tender, drain, make a white sauce of

2 T. butter 1 C. milk $\frac{1}{4}$ t. salt
2 T. flour Add grated cheese to suit taste.

Combine the rice and white sauce, spreading grated cheese on top, place in oven to brown the cheese. Serves 5.

RICE CROQUETTES

Mrs. Frank Kerekes

$\frac{1}{2}$ C. rice 2 egg yolks or 1 $\frac{1}{2}$ t. salt
1 C. boiling water whole egg 2 T. butter
1 C. hot milk

Blanch the rice, cook in double boiler with the water, milk, and salt until the rice is tender and the liquid is absorbed, stir in the beaten eggs and the butter. Spread on a dish to cool (do not let it become too cool), then shape, leaving a small nest in the top in which jelly may be placed just before serving. Roll in egg and bread crumbs and fry in deep fat. Keep warm in the warming oven until time to serve.

SPANISH RICE

Mrs. Tolbert MacRae

- | | | |
|---|--------------------|--------------------|
| 1 lb. round steak cut in
1/2 in. cubes | 1 t. chopped onion | 2 C. cooked rice |
| 1 T. bacon fat | 1 1/2 t. salt | 1 1/2 C. hot water |
| 1 C. cooked celery | 3 t. catsup | 1 t. butter |

Brown the meat in bacon fat, turn into buttered casserole, add celery and rice, stir catsup, onion, and butter in hot water, pour liquid mixture over the meat, rice and celery, cover, bake in moderate oven 1 1/4 hours. Can be done in fireless cooker.

SPANISH RICE

Mrs. E. E. Little

- | | | |
|-----------------------|----------------------|----------------------|
| 6 C. boiled rice | 1 small can pimento | 1/2 lb. sliced bacon |
| tomatoes (No. 2 can) | 2 medium sized green | 2 T. butter |
| 2 medium sized onions | peppers | salt and pepper |

Chop onion and green pepper fine, boil together until tender and drain. They may be cooked with the rice if preferred. Cut bacon into 1-inch pieces, fry until done, drain and rinse pimento, cut in small pieces. Drain tomatoes, combine rice, onion, peppers, bacon, pimento, and tomato, salt and pepper to taste, add 2 T. butter, melted, and enough tomato juice to make moist, put in baking dish and heat thoroughly. Serves 12.

CASSEROLE OF CHICKEN AND RICE

Mrs. H. O. Hickok

- | | | |
|---------------------------|----------------------|-----------------|
| 5 lb. chicken | | |
| 1 C. rice, before cooking | 1 small can pimentos | 1 T. butter |
| 1 C. mushrooms | diced | 2 T. flour |
| 1 C. blanched almonds | 2 C. rich milk | salt and pepper |

Cook chicken, cool, remove from bones and dice, cook rice, drain and blanch, make white sauce of butter, flour and milk, season to taste, add chicken to white sauce, moisten rice well with chicken broth. Arrange all in layers in casserole, putting rice first, then chicken, mushrooms, almonds, and pimento, cover with buttered crumbs, bake 1 hour. Serves 12 to 14 persons.

SOUPS

*One morning in the garden bed
The onion and the carrot said
Unto the parsley group:
"Oh, when shall we three meet again,
In thunder, lightning, hail or rain?"
"Alas," replied, in tones of pain,
The parsley, "In the soup."*

The basis of soup is the broth of meat. This may be made by boiling the cracked joints of beef, veal, or mutton, and is best when cooked the day before it is to be eaten. Cover meat well with cold water and let it come to a boil. Then it should be skimmed. Let simmer slowly for hours, closely covered. When cold, remove the fat which will harden on top. Strain through colander and you have fine soup stock.

Soups as a rule are preferred hot because they are stimulating. They give a pleasant warmth which relaxes tired nerves and they create an appetite.

If served for lunch or supper where only light food follows, we like a "heavy soup," but if preceding an elaborate luncheon or full course dinner it is best to serve the light clear broths.

To properly prepare them is so easy. Here are three basic recipes. These may be varied by changing the ingredients, but not the method.

Soup may be cleared by adding white and shell of 1 egg to each qt. of soup.

CLEAR SOUPS

Basic Recipe

3 lb. boiling beef

3 qt. cold water

$\frac{1}{2}$ t. pepper

1 T. salt

Wash meat carefully with a cloth dipped in cold water, place in soup kettle, add water, salt, and pepper, cook gently until meat is tender. Remove meat, strain broth, and serve. This may be varied according to the kind of meat used.

BEEF SOUP STOCK

2 lb. beef shin bone

cold water

salt and pepper

Cover soup bone with cold water, bring to a boil, reduce heat and simmer 1 hour, season with salt and pepper. Onions, parsley, carrots, beans, peas, or okra may be added. Also broken spaghetti, noodles, macaroni, rice, barley, or tapioca.

CHICKEN SOUP

4 lb. fowl

1 t. chopped parsley

2 qt. cold water

1 small onion

2 stalks celery

salt and pepper

Clean and disjoint fowl, slice onion, place all ingredients in a deep pan, cover with cold water, simmer 2 hours or until meat drops from the bones. Strain and serve. This is delicious if 1 C. cream and 1 egg yolk lightly beaten are added to every 2 C. of the broth. Cook, but do not boil, until thickened and creamy. If desired, rice, spaghetti, or macaroni may be cooked in the broth for 20 minutes.

POTAGE A LA REINE

Mrs. L. B. Schmidt

Boil chicken until tender, strain stock and remove all fat, chop white meat to corn meal fineness.

6 egg yolks, hard-boiled	1 t. of onion, minced	1 T. celery hearts,
1 doz. small chopped	fine	minced fine
mushrooms	$\frac{1}{2}$ C. fine rolled bread	dash of currie powder
1 egg white, mashed fine	crumbs	nutmeg and salt

Pour over bread crumbs 1 C. of cream, place chicken stock in double boiler and add above ingredients. Served with lettuce sandwiches, olives, and on ice for dessert, one has an ideal luncheon menu or "after theatre" supper. The success of this soup depends entirely upon the fineness of chopped materials and its smoothness. (I always serve with t. of whipped cream, a sprig of parsley in bouillon cups.)

TOMATO BOUILLON

2 bouillon cubes	1 T. chopped onion	$\frac{1}{2}$ t. salt
2 C. water	$\frac{1}{2}$ C. chopped celery	$\frac{1}{4}$ t. celery salt
1 can tomatoes	1 t. chopped parsley	$\frac{1}{8}$ t. pepper

Add cubes and water to tomatoes, add vegetables and cook 15 minutes. Strain, add seasoning, reheat, and serve.

JELLIED BOUILLON

1 can condensed		
bouillon	$\frac{1}{2}$ t. salt	1 T. lemon juice
1 slice onion	$1\frac{1}{4}$ T. gelatine	$1\frac{1}{4}$ C. cold water

Heat bouillon to boiling point with salt and onion, strain and add gelatine which has been softened in 2 T. cold water, add rest of water and lemon juice, turn into bouillon cups and chill. Serve plain or top with whipped cream.

JELLIED BOUILLON

$\frac{1}{2}$ T. Worcestershire	$1\frac{3}{4}$ C. beef broth	$1\frac{1}{4}$ T. gelatine
sauce	1 egg white	$\frac{1}{4}$ C. cold water

Heat broth with Worcestershire sauce, strain and cool, add egg white heat to boiling, and strain. Soak gelatine in cold water, add to hot broth and stir until dissolved, pour into shallow pan and allow to congeal. Cut in cubes and serve.

CREAM SOUPS

Basic Recipe

4 T. butter		
4 T. flour	1 t. Worcestershire	2 C. vegetable pulp
4 C. milk	sauce	or chopped meat
salt and pepper	1 bouillon cube	fish, or shell fish

Melt butter, add flour, mixing well, add milk slowly. Cook until thick, stirring constantly, add seasoning to taste and the vegetable pulp. Vegetables which can be used are tomatoes, celery, peas, onions, and potatoes, mixed carrots, corn, or spinach. Chicken, turkey, veal, flaked white fish, minced oysters, or clams are also very delicious.

CREAM OF SPINACH SOUP

- | | | |
|---------------|----------------------------|---------------------|
| 2 qt. spinach | <i>Mrs. Raymond Hughes</i> | 1 qt. milk and soup |
| 2 T. flour | 1 T. grated onion | stock or milk only |

Pick leaves from spinach, wash and throw into hot kettle, shake and toss for 5 minutes, drain, saving the little water in kettle. Chop leaves fine, press through a sieve, return to kettle, with onion and milk, rub together the butter and flour, add to soup, stirring constantly until thickened, press again through sieve, add salt and pepper. Serve with small squares of toast.

CREAM OF LIMA BEAN SOUP

- | | | |
|-----------------------|-----------------|-------------------------|
| 1 C. dried lima beans | 4 slices carrot | 2 T. flour |
| 6 C. cold water | 1 C. cream | 1 t. salt |
| 2 slices onion | 4 T. butter | $\frac{1}{2}$ t. pepper |

Soak beans over night. In the morning drain and add cold water, cook until soft and rub through sieve, cut vegetables in small cubes and cook 5 minutes in half the butter, remove the vegetables, add flour, salt, and pepper and stir into boiling soup, add cream and remaining butter. Re-heat, strain, and serve.

CELERY SOUP

- | | | |
|--|------------------------|-----------------|
| 3 C. celery (cut in $\frac{1}{2}$ inch pieces) | $2\frac{1}{2}$ C. milk | 1 slice onion |
| 2 C. boiling water | $\frac{1}{4}$ C. flour | 3 T. butter |
| | | salt and pepper |

Clean and cut celery in small pieces, cook in boiling water until soft and rub through sieve, scald milk with onion, remove onion and add milk to celery, bind with butter and flour cooked together. Serve with croutons, or crisp crackers.

POTATO SOUP

- | | | |
|----------------|------------------------------|-------------------------|
| 3 potatoes | 2 T. flour | $\frac{1}{8}$ t. pepper |
| 1 qt. milk | $1\frac{1}{2}$ t. salt | few grains of cayenne |
| 2 slices onion | $\frac{1}{4}$ t. celery salt | 1 t. chopped parsley |
| 3 T. butter | | |

Cook potatoes in boiling salted water, when soft rub through sieve, scald milk with onion, remove onion and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into boiling soup, cook 1 minute, strain, add remaining butter, and sprinkle with parsley.

CREAM OF TOMATO SOUP

- | | | |
|-----------------------|-------------------------|-------------------------|
| 1 can tomatoes | 1 qt. milk | 4 T. flour |
| 2 t. sugar | $\frac{1}{3}$ C. butter | 1 t. salt |
| $\frac{1}{2}$ t. soda | 1 slice onion | $\frac{1}{8}$ t. pepper |

Scald milk with onion, remove onion, melt butter, add flour, salt and pepper, add milk as in white sauce. Cook tomatoes with sugar 10 minutes, add soda and rub through a sieve, add tomatoes slowly to milk mixture. Serve at once.

PUREES

Purees are made from cooked vegetables, forced through a strainer or fine sieve, and combined with cream sauce.

Basic Recipe

4 T. butter

4 T. flour

2 C. milk

4 C. sieved, cooked vegetables

salt

pepper

Melt butter, add flour, and mix well, add milk slowly, stirring constantly, cook 15 minutes, add vegetable pulp and season to taste. Heat well before serving.

Variations:

1. Chopped parsley adds color and flavor.

2. To pea puree, add some allspice.

3. To spinach puree, add diced hard cooked egg.

4. Small amounts of minced onion heighten flavor.

Canned puree vegetables may be used.

ASPARAGUS SOUP

Mrs. H. R. Long

Two bunches of asparagus cut in small pieces, cook in 1 qt. of water until 1 pt. remains. Put through sieve, add 1 C. of thin cream and 1 pt. of milk, let come to boil and serve. Salt and pepper. 4 to 5 servings.

ASPARAGUS SOUP

Mrs. Fred White

1 pt. chicken stock

1 T. (heaping) butter

1 small C. milk

1 small can asparagus

1 T. (heaping) flour

salt

Make white sauce of butter, flour, liquid from asparagus, and milk, add chicken stock. Just before serving add minced asparagus. Serves 6.

PEANUT BUTTER SOUP

Mrs. J. P. Reid

2 C. peanut butter

 $\frac{1}{2}$ t. celery salt

2 T. flour

2 C. milk

 $\frac{1}{4}$ C. onion

2 C. water

4 T. butter

dash of pepper

Grind onion and boil in water, strain, melt butter and add flour, put in water flavored with onion, then peanut butter, finally add milk and heat to serve. Serve with wafers.

FRENCH SPINACH SOUP

1 can (large) pureed

spinach

 $2\frac{1}{4}$ C. water

1 egg yolk

1 can evaporated milk

1 T. butter

 $\frac{3}{4}$ t. salt

Mix spinach, milk, water, and butter, heat to boiling point, stir a little of hot mixture into egg yolk, then combine mixtures, heat and add the salt. 6 servings.

CORN SOUP

Mrs. H. R. Long

1 C. of corn, canned or fresh, put in 1 qt. of milk, cook in double boiler $\frac{1}{2}$ hour, then press through sieve; 1 T. butter, $\frac{1}{2}$ t. chopped onion, 1 T. flour, heat and add to boiling milk. Add 2 eggs beaten separately, adding whites last. Boil 5 more minutes.

CORN SOUP

1 can corn
2 C. boiling water
2 C. milk

1 slice onion
2 T. butter

2 T. flour
1 t. salt
few grains pepper

Add water to corn and simmer 20 minutes, rub through sieve. Scald milk with onion, remove onion and add milk to corn, bind with butter and flour cooked together, add salt and pepper.

PEA SOUP

1 can peas
2 t. sugar
2 C. cold water

2 C. milk
1 slice onion
2 T. butter

2 T. flour
1 t. salt
 $\frac{1}{4}$ t. pepper

Drain peas, add sugar and cold water and simmer 20 minutes, rub through a sieve, reheat and thicken with butter and flour cooked together. Scald milk with onion, remove onion and add milk to pea mixture. Serve with croutons.

BEAN SOUP

1 C. beans (navy, kidney or black)
5 C. water
 $\frac{1}{2}$ C. chopped celery

$\frac{1}{2}$ t. salt
 $\frac{1}{8}$ t. pepper
 $\frac{1}{4}$ t. ground mustard

$\frac{1}{2}$ onion
3 T. butter
3 T. flour
juice $\frac{1}{2}$ lemon

Soak beans for 8 hours, drain, add water and seasoning. Slice onion and brown in butter, add flour and when smooth add to the beans and seasoned liquid, simmer for 3 hours or until beans are tender, remove from fire, rub through sieve, add lemon juice and serve.

VEGETABLE BEAN SOUP

Mrs. H. R. Long

Cook navy beans until almost done. Fry bacon, cubed, until crisp and drop in the beans, add cubed carrots, potatoes, and onions and cook until done.

OYSTER STEW

Mrs. Oley Olson

Strain the juice off 1 pt. of oysters to remove the bits of shell, then heat carefully the oysters with the juice until the edges curl. Have ready 1 pt. of hot milk, combine the two, season with 2 T. butter, salt and pepper to taste and serve at once.

OYSTER STEW

Carefully wash and remove bits of shell from 1 pt. medium-sized oysters, put in $\frac{1}{2}$ C. cool water, cook until they "curl." Strain this liquid through a fine mesh sieve, and add 1 pt. warm milk, salt and pepper, 1 T. each of butter and flour, creamed. When this is done, put in the oysters and 1 pt. of diced celery that has been steamed tender. If your family does not like thickened stew, omit flour. In any event, oyster crackers that have been crisped and tossed in drawn butter are a nourishing accompaniment to the stew.

FISH BISQUE

If you are serving fish save the trimmings, cook them down in a little water, onion and a little mace or nutmeg, then add an equal amount of milk to the liquor, thicken with flour and butter, or other fat, and serve.

FISH AND POULTRY

FISH

*"I fished all day and caught—
A cold; and just at night
I had a bite—
Cold ham and such. 'Twas not for naught
I fishing went; I hooked at least
An appetite."*

"It is unseasonable and unwholesome in all months that have not an 'R' in their names, to eat an oyster."—Butler.

Some fish lend themselves best to boiling and chowder, others to baking, still others to broiling; almost all of them can be fried—either breaded and fried in deep fat or fried quickly in a little fat. With fish, as with meat, the left-over portion may be made into croquettes, salads, or it may be creamed.

Following is a list of ways the different kinds of fish can best be used:

Black bass are best fried, the larger ones being baked with bacon, or with creole or tomato sauce.

Catfish, the very small ones, are breaded and fried in deep hot fat, the second size are panned, and the larger ones are trimmed from the bone and made into fillets, breaded and fried in deep fat. The larger ones may also be made into chowders, soup and deviled fish.

Halibut is especially good for broiling and frying, for a creamed dish and for salads.

Haddock is good for broiling, chowders, deviling and salads.

Fresh mackerel is good broiled, baked or fried.

Perch are best fried—the larger ones may be split and broiled.

Pike is used in the same way as perch and bass.

Salmon is broiled, baked, deviled, scalloped or made into a salad.

Smelts are breaded and fried in deep fat like other small fish.

Small trout or brook trout are broiled, but are at their best when fried.

BAKED HADDOCK WITH STUFFING

Clean a 4-lb. haddock, sprinkle with salt inside and out, stuff and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, have gashes on one side come between gashes on other side. Shape with skewers in form of letter S, and fasten skewers with twine. Place on greased fish-sheet in a dripping pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake in hot oven, baste as soon as fat is fried out, and continue basting every 10 minutes. Serve with drawn butter, egg or Hollandaise sauce, or wild rice.

FISH STUFFING

$\frac{1}{2}$ C. stale bread
crumbs

$\frac{1}{2}$ C. cracker crumbs

$\frac{1}{4}$ C. melted butter

$\frac{1}{4}$ t. salt

$\frac{1}{8}$ t. pepper

few drops onion juice

$\frac{1}{4}$ C. hot water

Mix ingredients in order given. Wild rice stuffing may also be used.

BAKED FILLETS OF HALIBUT

Sprinkle fillets with salt and pepper, put in shallow pan and bake 12 minutes in hot oven. Garnish with parsley and serve with Hollandaise sauce.

FRIED FRESH SALMON

Sprinkle slices of salmon with salt and pepper, dip in crumbs, egg and crumbs, fry in deep fat. Serve with tartar sauce. Fresh mackerel or halibut may be prepared in same manner.

FLORIDA FRIED FISH

Take any kind of fresh fish, dip in highly seasoned cracker meal two or three times, place preferred fat in frying pan, heat, place fish in, and fry to rich brown on the surface. Cover and set on the back of stove and let fish finish cooking in its own steam. Serve with tartar sauce. A heavy iron frying pan is best for frying fish.

BOILED SALT MACKEREL

Mrs. J. L. Budd

Clean and scrape off all brown-looking spots, place in deep crock, skin side up, with 4 qt. cold water, soak all night. When ready to use, drain, place in large sauce pan, pour over a little hot water, let boil 2 minutes. Drain, place on platter, pour over heavy cream that is scalding hot, dot with butter, season with a little salt and pepper.

SALMON LOAF

Mrs. F. P. Reed

1/2 lb. can salmon		
1/2 C. bread crumbs	1 T. chopped parsley	1/4 t. paprika
1 egg well beaten	1 T. chopped pickles	1 t. butter
1 T. lemon juice	1/2 t. salt	2 T. water

Mix all ingredients, shape into a loaf, dot with butter, pour 1 C. water over loaf, bake 30 minutes in a moderate oven.

SALMON LOAF

Mrs. C. L. Gleason

1 large can salmon and liquor	1 1/2 C. water	1 1/2 C dry bread crumbs
	1/2 t. salt	1 egg well beaten

Remove skin and bones from salmon, break salmon up with fork, mix all together, put in well buttered baking dish, dot the top with butter, bake 1/2 hour. Can be served with slices of lemon, either hot or cold.

TUNA LOAF

1 C. tuna flaked with a silver fork	1/2 t. salt	1 egg
	1/4 t. paprika	1 C. milk
1 C. soft bread crumbs	1/4 t. celery salt	2 T. melted butter

Mix all the ingredients and pour into a buttered loaf cake pan. Let bake in a moderate oven for 30 minutes. Carefully unmold and serve with a thick white sauce. Serves 4.

HALIBUT SOUFFLE

Mrs. George Hultz

1½ lb. halibut 3 eggs 2 T. butter
1 small onion 2 C. thick white sauce ¾ C. cracker crumbs

Cook the halibut in one piece, with onion sliced over it, in boiling water, salted, for 20 minutes, cool. (This may be done hours before.) Grease a baking dish, and put a layer of flaked fish in the bottom. Beat the 3 eggs well and fold into the white sauce. Place a layer of this over the halibut, then add alternate layers of fish and sauce until dish is full. Cover with buttered cracker crumbs and bake 25 minutes.

TUNA SOUFFLE

Belle Iverson

3 T. butter 2 C. milk 3 egg yolks
4 T. flour 1 C. tuna flaked apart 3 egg whites, stiffly
1 t. salt with silver fork beaten
¼ t. paprika

Melt the butter, add the flour, salt, paprika, and milk. Cook until creamy. Add egg yolks and beat. Add all the rest of the ingredients, pour into buttered dish, bake in moderate oven for 30 minutes. Any other fish or meat may be substituted for the tuna.

SALMON PUDDING

Mrs. C. H. Pasley

Pour off the juice from 1 can of salmon, remove bones and skin, mash salmon with fork, add

1 C. bread or cracker 2 beaten eggs 1 C. milk beaten with
crumbs salt and pepper 1 T. melted butter

Beat well, form in a cake in buttered pan, steam 1 hour. Serve with salmon sauce.

SALMON IN A MOLD

Mrs. Gayle Kurtz

Take 1 large can salmon, pour off oil, remove all bones, stir fish till smooth. Add 2 T. melted butter, ½ C. bread crumbs, 3 well beaten eggs, pepper, salt. Put in a buttered dish, steam 1 hour, turn on platter and pour over it a sauce: 1 C. sweet milk, 1 T. cornstarch, wet with the milk, add oil from salmon and 1 well beaten egg, boil slowly till thick.

FISH BALLS

Mrs. Carl L. Little

1 flat can white tuna 1 egg well beaten ½ C. fresh bread
fish salt and pepper crumbs

Mix well, make into small balls, fry until brown.

CODFISH BALLS

Mrs. S. T. Johnson

½ lb. shredded codfish ½ T. butter ½ t. BP.
6 medium sized potatoes ½ t. pepper 1 egg

Freshen the codfish. Cook the potatoes in unsalted water until almost done. Add fish and boil until the potatoes are done. Drain, shake over fire until dry, then mash and add butter, pepper, BP. and beaten egg. Cool, mold into balls, roll into flour and sauté in a small amount of fat, brown on one side then on the other.

CRAB MEAT AU GRATIN

*Mrs. W. H. Jameson*2 T. butter 1/2 green pepper cut fine

Cook these together 5 minutes, then add:

2 T. flour 1/8 t. soda in 3/4 C. to- 2 C. finely grated1/2 C. thin cream matoes cheese

Mix well and after cheese is melted add 1 slightly beaten egg, salt, pepper, and a 6 1/2 oz. can of crab meat. Serve on toast. Can be made early and set in pan of hot water. Serves 8.

SHRIMP WIGGLE

4 T. butter 1 1/2 C. milk3 T. flour 1/2 t. celery salt 1 C. shrimps1 t. salt 1/4 t. paprika 1 C. peas

Melt the butter, add the flour, salt, celery salt, paprika. Add the milk, cook until creamy, add the shrimps and peas. Serve hot on toast. Serves 4.

LOBSTER FARCI

1 C. chopped lobster 1/2 T. chopped parsley 1/3 C. buttered crumbsmeat 1 C. white sauce salt2 hard boiled egg yolks pepper slight grating nutmeg

To lobster meat add yolks of eggs rubbed to a paste, parsley, sauce, seasoning to taste. Fill lobster shells, cover with buttered crumbs, bake until crumbs are brown.

JELLIED FISH

Mix 1 1/2 C. of any well-seasoned cold flaked, freshly cooked fish with 2 T. of chopped green peppers or capers, add a little onion juice if desired, a little salt, a dash of mace. Soak 1 T. gelatin in 1/4 C. cold water 10 minutes, dissolve in 1 C. boiling water, add 2 T. lemon juice. Put slices of hard boiled eggs in the bottom of a dish or mold, add the fish and jelly. Chill and remove to platter, garnish with watercress or lettuce. Use any kind of salad dressing or tartar sauce.

TUNA FISH MOLD

*Mrs. Jennings Bauge*1 can tuna fish 2 T. vinegar3 sweet pickles paprika2 hard boiled eggs 3/4 C. boiling water 1/2 C. of tart boiled2 T. pimento 1 T. sugar salad dressing3 stalks celery 1/2 t. salt 1/2 C. cream

Soak gelatine in 2 T. of cold water, add boiling water, when cool and beginning to set add other ingredients well chopped, pour in wet mold, let stand till set. Can be served in individual servings or in a loaf, garnished with parsley. 2 cans of shrimp can be substituted for the tuna fish. May be served with salad dressing on lettuce leaf.

SALMON LOAF

2 T. gelatine 1 C. celery (cut in1/2 C. cold water 1/2 inch pieces)1 1/2 C. boiling water 1/2 C. cucumbers sliced4 T. lemon juice thin

1 T. vinegar
2 t. salt
4 C. canned salmon

CREAMED OYSTERS

1 pt. oysters 1½ C. white sauce ⅛ t. celery salt
Clean, cook oysters until plump and edges begin to curl, drain, add white sauce seasoned with celery salt. Serve on toast, in timbale cases, or patty shells. ½ C. sliced mushrooms are often added to creamed oysters.

FRIED OYSTERS

Clean selected oysters, dry between towels, season with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, fry in deep fat, garnish with parsley. Cracker meal may be used.

SCALLOPED OYSTERS

1 pt. oysters ½ C. stale bread ½ C. melted butter
4 T. oyster liquor crumbs salt
2 T. milk or cream 1 C. cracker crumbs pepper

Mix bread and cracker crumbs, stir in butter, put a thin layer in bottom of a buttered shallow baking dish, cover with oysters, sprinkle with salt and pepper, add ½ each oyster liquor and cream. Repeat, cover with remaining crumbs, bake 30 minutes in hot oven. Never allow more than two layers of oysters for scalloped oysters; if three layers are used, the middle layer will be underdone, while others are properly cooked.

CUP OYSTERS

Mrs. Herman Knapp

Put into each ramekin: 1 T. fine cracker crumbs, 1 t. butter, 1 t. cream, 6 oysters, shake of salt and pepper. Fill nearly full with milk, set in pan of water and bake 20 minutes. Stir gently with fork when half done.

FISH SAUCE

HOLLANDAISE SAUCE

1 t. vinegar or ½ C. butter ¼ t. salt
1 T. lemon juice 3 egg yolks few grains of cayenne

Divide butter in three parts. Put first piece in double boiler with vinegar or lemon juice and egg yolks. Stir constantly with wire whip until butter is melted. Add second piece of butter, and as mixture thickens add third piece of butter. Remove from fire, add salt and cayenne. If mixture curdles add 2 T. of heavy cream. This is very delicious with vegetables or fish.

TARTAR SAUCE

2 olives cropped fine 1 t. parsley chopped
1 small pickle chopped fine 1 small onion chopped fine
fine fine 1 C. mayonnaise dressing
Combine ingredients and serve with fish.

SALMON SAUCE

1 T. butter and
1 T. flour creamed 1 C. milk and juice of salmon
Boil until thickens. Keep hot and pour over each serving.

POULTRY

ROAST CHICKEN

Dress, clean, stuff and truss a 4 lb. chicken. Place on its back in covered roaster, rub entire surface with salt and spread breast and legs with 3 T. butter, creamed and mixed with 2 T. flour, if a crusty surface is desired. If a glazed surface is preferred, spread bird with butter, omitting flour. Place in a hot oven and when chicken is browned, reduce the heat, then baste. For basting, use $\frac{1}{4}$ C. butter, melted in $\frac{2}{3}$ C. boiling water, and after this is gone use fat that is in the pan, adding 1 C. boiling water. Turn chicken on breast to retain juices in the serving portions. Cover roaster and cook slowly about 2 hours. When breast meat is tender, bird is sufficiently cooked. Serve with giblet gravy.

GIBLET GRAVY

Boil the chicken giblets in salted water. When very tender chop fine. When chicken is cooked remove from roaster. Rub 2 T. flour and chopped giblets into the juices left in the pan, pour over this either all sweet milk or part milk and part water, season to taste.

STEWED CHICKEN

Cut chicken in pieces, cover with boiling water and simmer gently until tender. Add salt and pepper to season when chicken is about half cooked. Thicken stock with flour diluted with enough cold water to pour easily. Serve with dumplings. If desired richer, butter may be added.

CHICKEN RING

Mrs. Guy Dodds

- | | | |
|---------------------------------------|---------------------------------------|--|
| 1 fowl cooked tender
(about 4 lb.) | 1 t. paprika | $\frac{1}{4}$ C. butter or
chicken fat |
| 2 C. soft bread crumbs | $\frac{1}{4}$ C. chopped pimen-
to | $\frac{3}{4}$ qt. milk or chicken
fat (half and half) |
| 1 C. cooked rice | 4 well beaten eggs | |
| 1 t. salt | | |

Remove the meat from bones of the fowl, dice but do not chop. Combine all of the ingredients and mix well. Pack into a buttered ring mold and bake in a slow oven (325°) from 40 to 60 minutes. By standing in a warm place for a little while it will come out of the mold easily. Turn out onto a platter, fill the center with mushroom sauce, garnish the border with parsley. Serves 12.

JELLIED CHICKEN

- | | | |
|--------------|--------------------|---------------|
| 1 4-lb. fowl | 1 carrot | 4 t. salt |
| 1 onion | 1 C. celery leaves | 2 T. gelatine |

Clean chicken, wash well, disjoint, cover with boiling water, add onion and carrot sliced, add celery, simmer until tender, add salt the last half hour of cooking. Let cool, remove meat from broth, cut in neat dice, care-

fully trimming away skin, bone or gristle. Return bone and skin to broth boil rapidly until stock is reduced to four C. Strain through a cheese cloth, let stand until fat can be removed. Reheat strained broth and when boiling stir in gelatine which has been softened in $\frac{1}{2}$ C. cold water. Remove at once from fire, let stand until cool, when beginning to jelly, stir in prepared chicken. Let stand for 5 or 6 hours to chill and become firm, unmold and serve on a bed of lettuce. Veal mousse is made the same way, with a C. of cream whipped until firm, folded in just before the mixture is molded.

FRIED CHICKEN

Mrs. Jay Adams

Cut a chicken in parts for frying. Have ready a hot skillet in which there are equal parts of lard and butter. Brown the chicken in this, turning often. Then cover tightly, reduce heat and cook until tender. Make a gravy by stirring in about $\frac{1}{4}$ C. of flour in the skillet and allow to brown, stir in 1 pt. of milk gradually, bring to a boil. Season well and serve with the fried chicken.

CHICKEN PIE

Mrs. J. A. Harvey

Place chicken, freed from bones, in baking dish. Skim fat off stock, strain, add seasoning and thickening as for gravy, add 1 C. milk or cream, pour over chicken. Place dish in oven to keep at cooking heat while preparing crust, cover with rich biscuit crust in which several incisions have been made so steam may escape. Bake in oven till crust is well risen and browned.

CHICKEN PIE CRUST

1 t. salt	2 t. BP.	1 egg
2 C. flour	2 T. butter	1 C. sweet milk

Sift flour, BP. and salt together, cut in shortening as for biscuit. Beat egg and add to milk, pour into flour slowly, mixing with spoon. Do not beat. Drop by spoonfuls over the top of chicken.

CHICKEN LOAF

Mrs. L. C. Tallman

$3\frac{3}{4}$ lb. cooked chicken $2\frac{1}{2}$ C. cracker crumbs 3 or 4 eggs beaten

Add cracker crumbs to eggs, then meat, add enough broth to make quite moist, cover pan with fat, add a little onion. Do not make too moist or too dry. Serves 10. Set in pan of water and bake in hot oven $\frac{1}{2}$ hour or in slow oven 50 minutes. Serve with mushroom sauce.

CHICKEN CELERY LOAF

Mrs. Neil Adams

$1\frac{1}{2}$ C. cooked chicken	2 T. flour	salt and pepper
2 C. chopped celery	1 C. milk	2 eggs
2 T. fat		

Make a sauce of flour and milk, add celery, chicken and beaten eggs. Bake not longer than 30 minutes.

CHICKEN LOAF

- | | | |
|-------------------------|--------------------|-----------------------|
| 2 4-lb. fowls (dressed) | | |
| 4 C. soft bread crumbs | 2 T. salt | 1½ qt. milk and stock |
| 2 C. cooked rice | 8 well beaten eggs | ½ C. chicken fat |
- Bake until firm.

PICNIC CHICKEN LOAF

- | | | |
|---------------------------|---------------------------|-------------------------------|
| 3 C. diced cooked chicken | 1 T. chopped green pepper | 1½ C. milk |
| 1½ C. fresh bread crumbs | ½ T. salt | 2 T. chicken fat or butter |
| 1 chopped canned pimento | ⅓ t. celery salt | 6 small sweet pickles chopped |
| | 2 eggs | |

Mix the chicken, crumbs, pimento, pepper, pickles, salt and celery salt. Beat eggs, add milk, pour into first mixture. Mix well, put in an oiled loaf pan, spread fat over the top, bake in a moderately slow oven for an hour. Let cool slightly and unmold. When cold cut in slices and garnish with parsley or spiced pineapple slices. Serves 10.

SCALLOPED CHICKEN

Mrs. W. S. Grove

Boil a chicken until tender, remove chicken from bones, cut in small pieces when cool. Moisten 1 loaf of dry bread with chicken stock, add hot milk, if not enough stock, four well beaten eggs, season with salt and pepper to taste, mix thoroughly with chicken. Bake in buttered pan in quick oven until firm but not dry.

CREAMED CHICKEN

The New Butterick Cook Book

- | | | |
|---------------------|--------------------|--------------|
| 2 C. cooked chicken | | |
| 2 T. butter | 1 C. milk or cream | 1 T. parsley |
| 2 T. flour | salt and pepper | 1 egg yolk |

Make a white sauce of the fat, flour and milk, season with salt and pepper, add the parsley and chicken, cook until the sauce is thoroughly hot again. Beat the egg yolk, add 2 T. of milk, pour into the mixture. Cook 2 minutes, stirring constantly, and serve in a border of riced potatoes or in croustades. Creamed chicken may be varied in a number of ways: by substituting mushrooms or chopped cooked eggs for part of the chicken or by adding chopped pimentos and olives.

CHICKEN A LA KING

- | | | |
|-------------|--------------------|----------------------------|
| 2 T. flour | | 1 T. chopped green peppers |
| 1 T. butter | 1 C. mushrooms | |
| 2 C. cream | 1 t. salt | 3 C. minced chicken |
| ¼ C. butter | 2 chopped pimentos | 3 egg yolks |

Cook flour, mushrooms, butter, salt and green peppers and pimentos until frothy. Add cream, stir until thick over hot water, add chicken, butter, and beaten egg yolk.

BROWNE CHICKEN HASH

Mrs. Jennings Bauge

The chicken left from the Sunday roast is nice to use in this way. Par-boil as many green peppers as needed after cutting them in half and removing the seeds. The chicken and chicken stuffing is chopped fine, seasoned to taste, and mixed with a little chicken gravy or bacon fat. Fill the half peppers with the mixture, place them in a glass baking dish, and pour chicken gravy around them. Place a thin slice of tomato on each pepper and a curl of breakfast bacon upon the tomato. Leave in a hot oven until the top is a delicate brown.

CHICKEN AND MACARONI

Mrs. Grant Dudgeon

Stew fat hen, 4 or 5 lbs., until tender, bone, make rich gravy of stock. Cook and blanch 1 pkg. of elbow macaroni, cut into small bits a small can of pimento. Using large baking dish, put in layer of chicken, macaroni, gravy, pimento, covering all with buttered cracker crumbs. Bake in moderate oven.

HUNTINGTON CHICKEN

Mrs. H. B. Manning

1 box macaroni cooked,		5 lb. chicken cooked
cut in small pieces	3 pimentos	and diced

Thicken the stock slightly, mix with the other ingredients, cover with bread crumbs, dot with butter, bake.

CHICKEN CROQUETTES

Mrs. Elmer Coffin

1 C. chicken, chopped fine,		
seasoned with salt,	1 T. butter	1 t. salt
pepper, celery salt	1 T. flour	1/2 C. milk or cream

Melt butter, add flour, cook until creamy, add salt, then cold milk, stir until thick, add chicken, spread on platter, cool. Make in forms, roll in egg and 1 T. of water, then in bread crumbs, fry in deep fat.

CHICKEN CROQUETTES

3 C. chopped cooked	1 C. bread crumbs	salt and pepper to
chicken	2 well beaten eggs	taste

To the cold cooked chicken add salt, pepper, bread crumbs, beaten egg. If necessary, moisten with milk or chicken gravy. Shape into cones or balls, dip in bread crumbs, beaten egg and then crumbs, fry until brown in hot fat or bake in a hot oven.

CHICKEN TIMBALES

Mrs. H. W. Warner

8 T. butter		8 eggs
1 C. bread crumbs	4 C. chicken	salt
2 $\frac{2}{3}$ C. milk	2 T. parsley	pepper

Melt fat, add bread crumbs and milk, cook 5 minutes, stirring constantly, add chicken, parsley cut fine, and eggs slightly beaten. Mix with fork, pack in buttered molds, set in pan of hot water and bake about 20 minutes.

FOOLPROOF DUMPLINGS

Mrs. B. E. McKelvey

1 egg		1 $\frac{1}{4}$ t. BP.
1 T. sour milk	3 $\frac{3}{4}$ C. flour	1 $\frac{1}{4}$ t. salt

Mix dry ingredients together, then well beaten egg and milk. Drop by spoonfuls into the boiling broth and cook 15 minutes. Are very light.

CHICKEN DUMPLINGS

Mrs. J. R. Sherman

1 egg		1 $\frac{1}{2}$ t. salt
1 C. sweet milk	2 C. sifted flour	2 t. BP.

Drop from spoon into boiling broth, a little at a time, do not lift the lid until done, boil 20 minutes.

DUMPLINGS

Mrs. F. F. Everett

2 C. flour		1 T. butter
4 t. BP.	1 $\frac{1}{2}$ t. salt	3 $\frac{3}{4}$ C milk

Sift dry ingredients, cut in shortening, add milk to make soft dough, roll out or drop from spoon on top of meat. Cover kettle closely for 12 minutes without lifting cover.

AUNT MOLLIE'S DROP DUMPLINGS

1 egg beaten with		add 1 $\frac{1}{4}$ C. flour
1 $\frac{1}{2}$ C. milk	pinch of salt	2 t. BP.

Beat all together, then sprinkle flour on top, and drop by spoonfuls into boiling broth, cover for 10 minutes, serve at once.

NOODLES

Mrs. R. C. Brockman

2 eggs		
1 $\frac{1}{4}$ t. salt	1 $\frac{1}{4}$ t. BP.	1 $\frac{1}{2}$ C. flour

Eggs well beaten, add salt, mix and sift BP. with flour, stir dry ingredients into the eggs, add more flour if necessary. Roll in 2 very thin sheets, let dry in a warm place for 1 $\frac{1}{2}$ hours, cut and cook in boiling stock, beef or chicken, for 15 minutes, uncovered.

MEATS

*"Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat and we can eat,
And sae the Lord be thankit."
—Robert Burns.*

BOILED HAM

Mrs. F. H. Schleiter

Wash ham thoroughly, place in large utensil, cover with cold water, heat to boiling point, cook 20 minutes to lb., remove from fire and let stand until cold. Remove skin and some fat, stick cloves one inch apart, cover with brown sugar, bake 1 hour in slow oven. Serve hot or cold.

BAKED HAM

Mrs. W. H. Meeker

1 8-lb. ham	1/2 C. vinegar	paprika
3 T. brown sugar	1/2 T. mustard	1 C. ham liquor

Wash ham thoroughly and place in roaster, cover with cold water, bring to boil, cook at simmering point until ham is tender and allow to cool in liquor. Remove ham, pour off liquor, reserving 1/2 C. to which mustard is added. Remove skin from ham and some fat, cover with sugar, sprinkle with paprika, stick a few cloves in fat, place in roaster with meat liquor and vinegar, cover and bake 1 hour. Baste often.

VIRGINIA BAKED HAM

Very Old Recipe

1 med. sized ham	1 egg beaten	1 qt. sweet cider
12 cloves	12 peppercorns	2 T. bread crumbs
1/2 t. celery seed	1/2 t. ground cinna-	celery leaves and curls
3 T. brown sugar	mon	for garnish
boiling water		

Wash ham, place in deep kettle with the cloves, celery seed, cinnamon, peppercorns, and cider, cover with boiling water and simmer until perfectly tender, 4 or 5 hours. Take from kettle, remove skin, sprinkle ham with sugar, brush over with beaten egg, cover with ground bread crumbs, stick cloves at even intervals, brown in oven. Garnish with celery leaves and curls. Serve with currant jelly or currant sauce.

SOUTHERN BAKED HAM

Mrs. Louis B. Schmidt

Secure a 15 lb. smoked ham, with minimum of fat. Have butcher bone and skewer. Place ham in large utensil, cover completely with cold water. Care should be taken to place some object beneath ham, and pan to prevent scorching. Parboil slowly 2 or 3 hours according to saltiness and size, changing water once an hour. (The fourth hour parboil in milk if

possible.) Remove from fire and cool. Remove all surplus fat and tissue which may have become loosened through boiling, stick all over thickly with whole cloves and insert several sticks of whole cinnamon, cover with coating of 2 T. of sugar, 1 t. of allspice, let stand over night, then bake for 3 hours. Serve with the following sauce:

Juice of 12 tart apples (prepared as for ordinary apple sauce), $\frac{1}{2}$ C. of sugar, 1 t. fine chopped citron, $\frac{1}{2}$ C. fine chopped raisins, $\frac{1}{2}$ C. vinegar, flour to thicken above like gravy.

BAKED HAM WITH PINEAPPLE

Mrs. G. E. McFarland

Buy a slice about 2 inches thick from a lean smoked ham, trim off most of the fat from the edge and place in casserole or small covered pan. Pour the juice from a large can of pineapple over it, bake in a moderate oven about $1\frac{1}{2}$ hours. If juice does not cover meat, turn once while cooking. Serve on a platter and garnish with half rings of pineapple.

BAKED HAM WITH SCALLOPED POTATOES

Foods and Cookery

2 T. butter		
$\frac{1}{3}$ C. flour	2 C. milk	1 slice ham (1 inch
2 t. salt	4 C. raw potatoes	thick)

Make thin white sauce, using butter, flour, salt and milk, arrange potatoes in buttered baking dish, pour over the white sauce, lay ham on top, cover, bake in a moderately slow oven for 1 hour, remove cover to brown and finish cooking.

BAKED HAM

Mrs. E. S. Proper

thick slice of ham	juice 1 can pineapple	1 T. brown sugar
1 doz. cloves	3 T. bread crumbs	1 t. ground mustard

Stick cloves in ham, place in baking dish, pour over it juice from 1 can pineapple, bake until tender. Mix crumbs, sugar and mustard together, spread over meat, place under broiler until a delicate brown and serve.

HAM LOAF

Mrs. B. F. Knudson

$1\frac{1}{2}$ lb. ground uncooked ham	1 T. finely chopped green pepper	$1\frac{1}{2}$ t. salt
1 lb. ground round beef	2 T. finely chopped onion	$\frac{1}{4}$ t. paprika
1 lb. fresh pork		3 eggs well beaten
		2 C. tomato pulp
		2 C. bread crumbs

Form in loaf and bake in buttered pan about $1\frac{1}{2}$ hours in hot oven.

HAM LOAF

Mrs. Noel Workman

$1\frac{1}{2}$ lb. fresh ham (ground twice)	$1\frac{1}{2}$ lb. smoked ham	$\frac{1}{2}$ C. milk
	1 C. cracker crumbs	2 eggs

Method: Cover with 1 can tomato soup and bake 3 hours in moderate oven (325°).

HAM LOAF

Mrs. H. O. Hickok

2 lb. smoked ham	2 C. milk	2 C. fine cracker
1 lb. veal	1 egg	crumbs

Mix well and steam 2 hours. Serve with horseradish sauce.

HAM LOAF

Mrs. S. H. Thompson

2 lb. lean raw pork		2 eggs
ground	1 lb. smoked ham	milk to mold
1 C. bread crumbs	ground	salt to taste

Bake 1½ to 2 hours. When half done pour off fat, pour over the loaf, 1 C. brown sugar and 1 C. water cooked to a thick syrup. Lower the heat after the syrup is added.

BAKED TENDERLOIN

Mrs. C. H. Stange

6 strips tenderloin		
(whole)	1 onion (small	1 can tomatoes
a few slices bacon	minced)	season to taste

Place meat in pan with bacon, tomato, onion, and 1 C. water or meat stock, cook 2 hours or until brown in slow oven. Remove meat, thicken liquor with flour and boil, then strain and pour over meat.

PORK TENDERLOIN WITH SWEET POTATOES

Fannie Farmer

Wipe tenderloins, place in baking pan and brown quickly in a hot oven, sprinkle with salt and pepper, bake 45 minutes, basting every 15 minutes. Pare 6 sweet potatoes and parboil 10 minutes, drain, put in pan with meat and cook until soft, basting when basting meat.

STUFFED PORK TENDERLOIN

1½ lb. pork tenderloin	1 T. onion, chop-	½ t. salt
flattened out	ed fine	¼ t. paprika
1½ C. fresh bread	1 t. chopped parsley	3 T. melted butter
crumbs	1 T. chopped salt pork	2 T. water

Mix crumbs, onions, parsley, salt pork, paprika, butter and water, place mixture on top flattened tenderloin, roll up and tie with string. Place in buttered baking dish, add 1 inch of water, cover with a lid, bake in moderate oven for 1 hour.

BREADED PORK CHOPS WITH DRESSING

Mrs. A. H. Munn

Dip pork chops in seasoned flour and brown in skillet, cover each chop with dressing, add a little water and bake in covered skillet 1 hour.

1 C. stale bread crumbs	<i>Dressing</i>	
¼ C. melted butter	⅓ t. pepper	¼ C. hot water
¼ t. salt	½ t. BP.	sage to taste

Mix in order given and place over the fire a second before putting on chops. For 2 chops.

PORK CHOPS SUPREME

Mrs. Floyd Williams

Wipe pork chops with cloth, season to taste, dip in beaten egg, roll in corn flakes, brown and place in roaster. Place 1 thin slice onion and 1 pepper ring on each chop, cover with milk and let bake for 1 hour.

PORK AND HAM LOAF

Mrs. Frank S. Edge

2½ lb. pork		2 eggs
½ lb. smoked ham	1 small can tomatoes	1 C. bread crumbs

ROAST PORK

Wipe pork, sprinkle with salt and pepper, place on rack in roaster, cover and bake in a moderate oven 3 or 4 hours, basting every 15 minutes with fat in pan. Make a gravy as for other roasts.

FRESH PORK LOAF

3 lb. fresh pork	1 C. milk	2 eggs
1 C. celery (chopped)	1 C. cracker crumbs	salt and pepper

Bake in loaf or as individual servings. Serve with apple amber.

PORK AND HAM LOAF

Mrs. T. R. Perry

2 lb. smoked ham	2 C. bread crumbs	2 eggs
2 lb. fresh pork	2 C. milk	1 t. pepper

Mix thoroughly and shape into loaf. Bake in moderate oven about 1 hour.

INDIVIDUAL PORK LOAVES

Mrs. Frank S. Edge

3 lb. pork, ground		
1 C. milk	1 C. celery cut fine	salt
1 C. cracker crumbs	2 eggs	pepper

Combine ingredients, shape in small rolls, tapering at each end, place in roaster, add 3 C. hot water, bake in slow oven 1½ hours.

PORK TENDERLOIN BIRDS

Slice the pork tenderloin, flatten, roll in seasoned cracker meal and brown in butter, fill with fried dressing, secure with toothpicks, place in dripping pan and cover with equal parts of hot water and milk. Bake until tender.

Fried Dressing

Bread crumbs seasoned with salt, pepper, sage, onions, and a small quantity of curry powder, brown the chopped onions in hot butter and place dressing in pan and fry.

PORK TENDERLOIN BIRDS

Mrs. C. H. Anthony

Season tenderloin, dredge in flour, roll and tie 1 slice of bacon around it, using toothpicks to hold it. Fry brown in fat, then add 1 C. water, let cook slowly till water is gone.

CREAMED PORK WITH PIMENTO

Mrs. M. D. Helser

1 C. milk
 1/2 t. salt
 2 T. butter

1 C. cooked diced lean pork
 2 T. flour
 1 pimento

Make sauce, add meat and pimento and let heat 10 minutes. Serve on toast, or in patty shells.

MEAT STICKS

Mrs. O. P. Rutledge

1 lb. pork
 1 egg

1 lb. veal
 cracker crumbs

Cut meat in short pieces and put on skewers, season with salt and pepper, dip in beaten egg, roll in fine cracker crumbs and brown nicely all over in hot fat, then pour over 1 C. water, cover tightly, place in slow oven for about 2 hours. (All pork may be used and these may be purchased at market made up.) Serves 8 persons.

SAUSAGE ROLLS

Foods and Cookery

Cut rich pastry into squares about 3 inches across. Place a spoonful of sausage meat on 1/2 of the pastry, moisten edges, fold over gently, press edges together, brush with beaten egg and bake in quick oven.

FRICADILLOS

1/3 lb. each of pork, 1/2 C. cracker crumbs salt and pepper to
 veal, and round steak, 1/2 C. water taste
 ground 1/2 C. melted butter 2 egg yolks

Mix thoroughly, then beat the whites of the eggs to a stiff froth and add last. Form into cones, roll in cracker crumbs, put in pan with plenty of butter and bake. When done, set on top of stove, pour over 1 C. sweet cream and allow it to come to a boil. Serve.

WEINERS

To produce the best flavor in weiners, they should *not be boiled*.

Let water boil in deep sauce pan, then turn off fire. Put weiners into the boiling hot water, allow to stand covered for 10 minutes before serving.

HAM TIMBALES

Margaret Hazen

Cook long pieces of spaghetti carefully so as not to tangle, wind the cooked spaghetti in rows, beginning in the bottom, inside of 6 greased individual baking dishes or timbale molds, so that the mold is completely lined with the spaghetti.

1 1/2 C. minced cooked ham 2 hard-cooked egg yolks 1/2 C. water
 1/4 C. bread crumbs 1/2 C. evaporated milk 1 egg well beaten
 2 t. melted butter

Mix all these ingredients together and turn into the timbales, set the molds into a pan of water and cook in a moderate oven until the mixture is firm in the center. Serve with tomato sauce or white sauce.

HAM PUFFS

Mrs. Jennings Bauge

Stir 2 C. flour into 2 C. boiling water, and beat the mixture until smooth, take from fire, beat in 4 eggs, one at a time, add $\frac{1}{2}$ C. of finely ground or chopped ham, $\frac{2}{3}$ t. curry powder, $\frac{1}{8}$ t. pepper and a little salt, unless ham is especially salty. Drop the batter by small spoonfuls into deep fat and fry golden brown. Decorate with parsley. This makes 15 to 20 small puffs.

PHILADELPHIA SCRAPPLE

Boil ham bone, with some meat on it, until thoroughly done, cut meat off and grind, pour the stock over it, bring to a boil, season with salt and pepper and make a mush with corn meal. Mold, slice, and fry in butter.

ROAST BEEF

Select a piece of beef (2 to 3 lb.) known as the "heel" cut from the back of the rump, wipe with damp cloth and place small side down, on a rack in double roaster, rub over with salt and flour, set in a hot oven to sear over the surface, reduce the heat after 20 minutes and let cook $1\frac{1}{2}$ hours. Turn the meat when half cooked.

RIB ROAST OF BEEF

Mrs. C. G. Cole

Wipe meat with damp cloth, rub well with seasoning and dredge with flour. Sear and brown with very high oven temperature (525°). Reduce heat after 15 minutes to slow or moderate oven (250° to 300°). Roast 15 to 25 minutes per lb. If a less tender cut is to be roasted, cover, add water, cook slowly until done.

BROILED STEAK

Select sirloin, porterhouse, or club steak, heat broiler, rub with suet, place steak, neatly trimmed, upon broiler and subject to intense heat, turning frequently at beginning of the cooking as steak must be quickly seared on both sides, to seal within it all juices and flavors. Allow 3 minutes for searing each side, then finish cooking at a lower temperature, turning the steak often, inserting the fork in the edge of steak to prevent piercing meat. Remove to hot platter, season with butter, salt, and pepper. Garnish with parsley.

PAN BROILED STEAK

Mrs. C. G. Cole

Wipe steak with damp cloth, remove flank end for stewing or hamburger. Place steak in smoking hot heavy iron skillet which has been greased with fat from meat, turn from side to side until well seared and browned, being careful not to prick meat with fork so as to release the juices. Move to cooler part of the stove or lower the heat until pink inside. A steak 1 inch thick requires 8 to 10 minutes to cook. Add seasoning just before removing from the skillet to hot platter and dot with butter, also adding fat from skillet.

SALISBURY STEAK

1 lb. chopped beef		$\frac{1}{2}$ C. cream
1 t. salt	$\frac{1}{4}$ t. pepper	fresh bread crumbs

Mix beef with seasoning and cream, form lightly into individual steaks, coat with bread crumbs and broil 6 to 8 minutes under gas flame, turning once (if in hot frying pan, turn often). Place on hot platter. To fat in pan add $\frac{1}{2}$ C. boiling water, boil up and pour over steak.

CREOLE STEAK

Mrs. J. L. Lush

Select a round steak (1 to $1\frac{1}{2}$ inches thick) and broil it until it is brown and tender, season to taste. In a separate pan, place 1 C. each of diced carrots, celery, onions, potatoes, and tomatoes. When the vegetables have been cooked together, pour them over the steak and allow the combination to simmer for 20 minutes in the broiler with a low fire.

SWISS STEAK

Mrs. C. G. Cole

Select fresh round steak at least 1 inch thick (thicker if desired), beat in both sides all the flour it will take, salt and pepper to taste, brown both sides quickly in about 1 T. fat in iron skillet. Add boiling water, cover closely, reduce heat, cook from 1 to 2 hours. Steak may be covered with onions, mushrooms, or served with tomato sauce.

SWISS STEAK

Mrs. W. H. Root

4 lb. round steak		
flour	pepper	tomatoes (No. 2 can
salt	fat	or fresh tomatoes)

Pound flour in steak, brown in fat, place in roaster, add tomatoes and 2 C. water, cook until tender, about 2 hours.

STEAK IN CASSEROLE

Alda Wilson

Brown 2 lb. steak cut in $1\frac{1}{2}$ inch cubes, add 1 C. water to kettle. Put into baking dish with 1 minced onion, 1 C. tomato pulp, 3 carrots, 3 turnips, celery hearts, and 1 minced pepper, cover, and bake for 1 hour or longer.

BROWN STEW AND DUMPLINGS

Mrs. H. K. Hawley

1 lb. beef cut into small	$\frac{1}{2}$ C. suet	$1\frac{1}{2}$ t. salt
pieces	6 T. flour	4 C. water

Fry out the suet and remove, brown the meat, draw to one side and blend the flour in the drippings, add water and salt, cook slowly for $1\frac{1}{2}$ hours.

DUMPLINGS

Sift $1\frac{1}{2}$ C. flour with 3 t. BP. and 1 t. salt, add milk to make soft dough. Drop from spoon into the stew and cook 20 minutes, closely covered.

BEEF LOAF

Mrs. Herman Knapp

1½ lb. round steak	1 C. tomato juice	salt and pepper to
chopped	1 C. bread crumbs	taste

Mix thoroughly, pack into baking dish and bake slowly for 1 hour, basting with hot water and butter.

SPANISH MEAT LOAF

Edna Brown

3 C. meat chopped fine	1 T. salt	1 green pepper
1 C. stock	½ t. pepper	2 T. celery chopped
4 eggs	¼ t. paprika	fine

Mix thoroughly, pack in greased pan, place pan in hot water and cook in moderate oven 1 hour. Serve with Spanish sauce.

MEAT LOAF

Mrs. Lew McElyea

½ lb. round steak		½ C. toast crumbs
½ lb. pork (with some fat)	½ lb. smoked ham (with some fat)	1 egg
salt	pepper	1½ C. milk (sour cream is better)

Mix ground meat, salt, pepper, and crumbs, add egg unbeaten, mix thoroughly, add milk or cream, mold in loaf, cover with strips of bacon, bake 1 hour in uncovered roaster. Have oven hot for first 10 or 15 minutes, finish in medium oven, basting frequently.

MEAT LOAF WITH FRESH TOMATOES

Mrs. W. H. Root

1½ lb. round steak		
¼ lb. pork steak	1 egg	15 soda crackers

Grind these together. Cut up 6 medium sized uncooked tomatoes or 1 can (No. 2). Mix together, add salt and pepper to taste and bake 1½ hours.

MEAT LOAF

Mrs. J. H. Williams

2 lb. round steak		½ t. salt
ground fine	½ C. boiling water	1 T. butter
2 slices dry bread	2 eggs	½ C. milk

Combine ingredients and bake until done and nicely browned.

MEAT LOAF

Mrs. R. H. Harrison

1½ lb. round steak	2 C. bread crumbs	1 egg
½ lb. pork ground together	1 C. celery and ½ green pepper cut fine	salt and pepper to taste

Add water till mixed evenly, form into loaf, place in baking pan, with 1 C. water, bake 2 hours. Serves 10.

PEACH MEAT LOAF

Home Service Department, Iowa Railway & Light Corporation

1/2 lb. chopped pork	1/2 C. grated pine-	1 egg
1/2 lb. chopped beef	apple	3 t. salt
1/2 C. chopped peaches	2 C. rolled crackers	1/2 t. pepper

Mix ingredients thoroughly, pack into greased bread pan, bake 45 minutes at 350°.

COTTAGE MEAT PIE

Mrs. Escott Hicks

Cover bottom of small greased casserole with hot mashed potatoes. Add a thick layer of roast beef chopped or cut in small pieces seasoned with salt, pepper and a few drops of onion juice, and moistened with some of the gravy. Cover with a thin layer of mashed potatoes, and bake in a hot oven long enough to heat through.

BEEF AND RICE CROQUETTES

1 C. raw beef chopped	<i>Mrs. A. E. Little</i>	dash of cayenne
1/3 C. rice	1/2 t. pepper	1 head cabbage

Mix 1 C. (1/2 lb.) raw beef chopped with 1/3 C. washed rice, add 1/2 t. pepper and dash of cayenne. Cook a cabbage in boiling salted water 2 or 3 minutes so that the leaves may be pliable and removed from the head in perfect condition, remove the leaves one by one and in each wrap a rounding t. of the beef and rice. Lay the croquettes in baking dish, pour over them a tomato sauce, cover the dish, bake 1 hour in moderate oven. Serve on a dish with the tomato sauce poured around them.

MEAT AND RICE CROQUETTES

Florence Walls

Mix equal amounts of cooked rice and ground left over meat. Small amounts of left over vegetables, as carrots or peppers, may be added. Roll in egg and cracker crumbs and fry in deep fat.

CHILI CON CARNE

Mrs. Howard Adams

1 lb. round steak ground	3 slices bacon	2 t. chili powder
1 can tomatoes	3 small onions	1 T. butter
1 can kidney beans	3 or 4 bay leaves	1 pkg. spaghetti

Cut and fry bacon and onions until brown, add steak, chili powder, cook about 5 minutes, add beans and cook 5 minutes more. Cook tomatoes with bay leaves, add the meat and cook slowly 1 hour or more. Cook the spaghetti in salted water and serve with the chili con carne.

CHILI CON CARNE

Mrs. R. E. McKelvey

4 large potatoes diced	2 large onions sliced	1 can kidney beans
1 lb. round steak ground	3 T. fat	1 qt. cooked tomatoes

Cook potatoes and onions together, fry steak in fat, add potatoes, onions, beans, tomatoes, and lastly 2 T. chili powder, salt to taste, cook 30 minutes over slow fire. Serve with crackers.

CHILI CON CARNE

Mrs. W. H. Root

- | | | |
|------------------------|-------------------------|---------------------|
| 1½ lb. round steak | | 1 can (No. 2) toma- |
| 1 can red kidney beans | 2 or 3 med. size onions | toes |

Brown steak in a little butter, grind through food chopper. In a buttered baking dish sprinkle a layer of steak in bottom, add alternately a layer of beans, tomatoes, onions. Salt each layer, repeat until dish is filled. Chili pepper may be added. Bake in moderate oven for 1 hour, then brown for 25 minutes.

CORNEB BEEF LOAF

Mrs. E. E. Sowers

- | | | |
|--------------------------|-----------------------|--------------------|
| 1 C. meat stock or | 1 pkg. lemon gelatine | ¼ t. paprika |
| 1 C. water plus 4 bouil- | 1 C. boiling water | 1 T. onion grated |
| lon cubes or 4 t. beef | 3 C. cooked corned | 1 T. prepared mus- |
| extract | beef ground | tard |

Dissolve gelatine in boiling water, add meat stock, Worcestershire sauce, and paprika, chill. When slightly thickened fold in corned beef, onion, and mustard, turn into loaf pan, chill until firm. Unmold, serve in slices on crisp lettuce. Garnish with sliced hard cooked eggs or tomato wedges. Serves 10.

PRESSED MEAT

Mrs. Elmer Coffin

- | | | |
|--------------------|-----------|--------------------|
| 3 lb. boiling beef | | 1 doz. hard-boiled |
| 1 knuckle of veal | seasoning | eggs |

Boil beef and veal in separate kettles until very tender, when cold run all through meat grinder and press down tightly in pan, first a layer of meat, then eggs and another layer of meat. Very nice sliced cold for a luncheon dish.

VEAL BIRDS

Mrs. C. T. Mentzer

- | | | |
|-------------------------|----------------------|--------------------|
| 1½ lb. veal steak cut | 1 T. chopped green | ⅓ lb. pork chopped |
| ½ inch thick | pepper | fine |
| 2 C. fresh bread crumbs | ½ T. chopped parsley | 1 T. water |
| ½ T. chopped onion | ½ t. salt | 1 egg beaten |

Cut steak into 6 pieces, make small cuts across grain of meat. Mix crumbs and the rest of the ingredients, using a fork, place a portion on each piece of meat, roll and tie with cord, place in baking dish and add:

- | | | |
|-------------|-------------|------------|
| 2 T. butter | ½ t. pepper | ½ C. water |
| 3 t. salt | | |

Cover and bake in moderate oven 1½ hours. When done cut and remove strings before serving.

DELICIOUS VEAL

Mrs. W. H. Jameson

- | | | |
|------------------------|--------------|--------------|
| 1 veal steak 1½ inches | | bread crumbs |
| thick | 1 beaten egg | 1 C. milk |

Get the veal steak off the round, cut pieces just large enough for one serving, dip veal in beaten egg, roll in seasoned bread crumbs, fry brown in piping hot fat ¼ inch deep, brown quickly all over, then pour over

1 C. milk (fresh) or water. Cover tightly, place in slow oven for 1 hour or more. The last few minutes remove cover to brown. Prepared in this way veal is as tender and delicious as spring chicken. Serves 6 persons.

VEAL LOAF

Mrs. O. P. Rutledge

3 lb. ground veal		
1/2 lb. pork, ground	3 eggs	1 t. pepper
4 crackers, rolled fine	3 T. cream	1 T. salt

Mix pork and veal together and add piece of butter the size of an egg, beat eggs, add cream and mix with meat, then add crackers, pepper and salt. Form into a loaf and bake 2 1/2 hours, basting with butter and water as needed.

VEAL LOAF

Mrs. W. F. Beard

3 lb. ground veal		
1/2 lb. ground fresh lean pork	3/4 C. rolled cracker crumbs	salt pepper
1 1/2 C. milk	3 eggs	bacon

Combine ingredients, mix well, place in loaf pan, cover with strips of bacon. Bake in moderate oven 1 hour.

VEAL POT PIE

Mrs. M. D. Helser

3 lb. cooked veal		
1/2 t. salt	1/2 t. pepper	1 t. onion

Pile loosely in pan, almost cover meat with gravy, stock or water and set on top of stove to heat.

Crust

2 C. flour		2 T. butter
1/4 t. salt	3 t. BP.	3/4 C. milk

Sift dry ingredients, rub in the butter, add milk slowly, shape to fit pan, cut a hole to let steam escape, lay over boiling meat and bake about 40 minutes.

VEAL PATTIES

Same as lamb patties (find recipe under lamb), using veal in place of lamb.

BREADED VEAL

1 lb. veal cutlets 3/4 inch thick		1 egg
	1/4 t. pepper	1 t. salt
1/2 C. bread crumbs	1 T. water	fat to cook

Cut veal in portions suitable for servings, dip in well-seasoned sifted crumbs, then in beaten egg diluted with water, and last in crumbs. Brown in hot fat, put water in bottom of roaster, place veal on roaster rack and steam until tender.

CUTLETS AU GRATIN

Mrs. R. A. Pearson

1 slice veal cutlets 2 inches thick	3/4 T. catsup	3/4 T. lemon juice
	salt and pepper	3/4 C. buttered crumbs

Wipe cutlets with damp cloth and pound on both sides, season with salt and pepper, place in greased pan, sprinkle with lemon juice, spread with catsup, cover with crumbs and bake in moderate oven an hour, baste with hot water to which a little butter has been added. Serve with gravy from pan to which $\frac{2}{3}$ C. chopped olives may be added. Bake in uncovered dish.

VEAL PATTIES

Mrs. Paxton

3 lb. ground veal (a little pork)	salt and pepper	sage or small amount
2 eggs	1 C. bread crumbs	of sausage if desired

Mix and wrap in strips of bacon, brown in fat, bake in oven with little water and serve with rice and carrots. 16 servings.

MOCK CHICKEN

Mrs. L. L. Clement

2 lb. pork	2 lb. veal
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Cook together, then cut in small pieces, pour 2 C. meat stock over 2 slices of bread, season highly, combine with meat and place in shallow pan. Beat 3 eggs and pour over top, spreading meat apart with fork that egg may combine with meat mixture. Bake a very short time or until egg is cooked. Will serve 10.

JELLIED MEAT LOAF

Mrs. W. F. Beard

3 lb. lean veal	6 peppercorns
2 lb. lean pork	salt
1 small onion	2 T. gelatine
	1 small bay leaf
	6 stalks celery

Cook veal and pork together with seasoning until very tender, pick meat apart in small pieces, remove celery, peppercorns, and bay leaf. To 3 C. hot meat liquor highly seasoned, add 2 T. gelatine which has been soaked in $\frac{1}{4}$ C. cold water, let cool, mix thoroughly with meat, mold in large shallow dish or in two glass loaf dishes. Will serve 16.

JELLIED VEAL

4 lb. veal (meat and bone)	$\frac{1}{4}$ box gelatine	cayenne
celery salt	salt	$\frac{1}{4}$ C. cold water
		4 hard-cooked eggs

Cook meat slowly several hours, reducing meat stock to about $1\frac{1}{4}$ C. Chop meat fine, add to the hot liquid $\frac{1}{4}$ box gelatine which has been soaked in $\frac{1}{4}$ C. cold water and moisten meat with it. Put a layer of the meat in an oblong mold, then a layer of the hard cooked eggs, and have meat as the last layer, weight down and let stand for several hours. Remove from mold and serve.

MARBLED VEAL

3 lb. veal	1 t. pepper	1 pkg. gelatine
3 lb. fresh pork steak	3 t. salt	juice of 1 lemon
1 beef tongue	1 T. sugar	6 hard-cooked eggs

Boil pork, veal, and beef tongue, then chop, season with salt, pepper, and sugar, dissolve gelatine in meat broth and add juice of 1 lemon. Place meat in layers with hard-cooked eggs between layers, pour some of the broth mixture over each layer, press. Serve in slices.

ROAST LEG OF LAMB

1 leg of lamb

1 C. water

1 T. salt

$\frac{1}{4}$ t. pepper

Put lamb in roaster and place in hot oven. When brown on both sides add seasoning and water, place cover on roaster and cook slowly for about $2\frac{1}{2}$ hours.

BREADED LAMB CHOPS

6 lamb chops

1 t. salt

1 egg

1 C. bread crumbs

dash of pepper

Mix bread crumbs with salt and pepper, dip each chop in crumbs, then in beaten egg, then in crumbs and brown in deep hot fat. Add $\frac{1}{2}$ C. water, place in oven and steam until tender. Garnish with lemon.

SHEPHERD'S PIE

$1\frac{1}{2}$ C. cooked diced
meat

$1\frac{1}{2}$ C. stock or water

$\frac{1}{4}$ t. pepper

2 C. mashed potatoes

3 T. flour

3 T. fat

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ T. onion juice

Make a sauce of fat, flour, and liquid, add seasoned meat and heat thoroughly. Cover with mashed potato and brown in moderate oven. Serve with a tart salad.

CROWN ROAST OF LAMB

This requires six ribs from each side of a rack of lamb. Turn the sections of meat so that the bones are on the outside and fasten together in a circle (the butcher will prepare this roast upon request), salt and pepper are sprinkled over it and it is placed in an oven roaster. Small cubes of salt pork may be placed over the end of each of the bones to prevent charring. Allow roast to brown slightly then cover, add $\frac{1}{2}$ C. water and roast slowly until tender. The center of the crown roast may be filled with buttered peas before serving.

LAMB PATTIES

Put meat from the shoulder of lamb through a meat chopper and make into cakes after seasoning with salt and pepper. Skewer a piece of bacon around each cake by means of a toothpick and fry in hot fat until well browned. Reduce heat, add a little water, cook slowly until done. Serve with gravy.

BROILED LAMB CHOPS

Place chops on hot skillet, sear until well browned, then reduce heat, cooking slowly until chops are tender. Arrange chops around a mound of buttered peas on a platter and serve.

CHOICE OF MEATS

METHODS	BEEF	LAMB	PORK	VEAL
Broiling	Porterhouse steak Club steak	Loin chops Rib chops	Loin chops	Loin chops Rib chops
Hamburger	Lower round Neck, Flank			
Meat Loaf	$\frac{3}{4}$ lower round $\frac{1}{4}$ pork should- er	Breast Flank	$\frac{1}{4}$ pork should- er $\frac{3}{4}$ lower round beef	$\frac{1}{2}$ veal neck or $\frac{1}{4}$ beef lower cutlet $\frac{1}{4}$ pork
Mince Meat	Brisket Plate, Neck			Flank Breast
Pot Roast	Rump Heel of round Shoulder round Bone pot roast	Shoulder of lamb	Boston butt	Rump
Roast	Rib roast Chuck	Leg of lamb Shoulder of lamb	Loin Boston butt Ribs	Loin Ribs
Soup	Heel of round Shank fore or hind and veal knuckle	Shanks		Knuckle Shank
Stew	Shoulder round Flank stew cuts Short ribs neck	Neck Breast Shanks		Breast Flank
Stuffed Steak	Flank	Breast	Stuffed chops Loins, "thick"	Cutlet for "Veal Birds" Breast
Swiss Steak	Shoulder round Lower round Butcher's steak			

MOCK MEAT DISHES

WALNUT ROAST

2 eggs $1\frac{1}{4}$ C. toasted bread $\frac{1}{2}$ C. cream
 $1\frac{1}{2}$ C. milk crumbs 1 t. salt
3 t. chopped pimento 1 C. ground walnuts 2 t. grated onion

Beat the eggs until light, add the milk, cream, and bread crumbs. Let stand 20 minutes, add other ingredients, turn into buttered bread pan

and bake in a moderate oven about 30 minutes. Serve with any preferred sauce.

MOCK MEAT PIE

Mrs. Elrene Nisewanger

Break English walnuts up, place in baking dish, cover with hot water in which 1 t. vegetable extract has been dissolved, season with salt and pepper. Make good biscuit crust, put on top, leaving good vent for steam, bake till crust is brown. Serve with gravy or sauce.

NUT HAMBURGER

Etta M. Budd

1 C. English walnuts, (pour boiling water over them to remove strong taste)	1 t. vegetable extract (dissolve in enough hot water to soften bread crumbs)	1 C. browned whole wheat bread crumbs 3 eggs well beaten salt and pepper
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1/2 t. grated onion

Grind nuts, onions, and bread crumbs, pour hot water on extract, add beaten eggs, drop into hot fat, brown on both sides.

METHODS OF COOKING THE ORGAN MEATS

LIVER LOAF

Foods and Cookery

Cut a small liver in slices and cover with boiling water for a few minutes, dry and run through a meat chopper, add 2 C. bread crumbs, 2 t. salt, 1/4 t. celery salt, 1/2 t. pepper and 2 eggs. Mix well and pour into greased mold, set mold in a pan of hot water and bake in oven for 1 hour. Serve hot with sauce or sliced cold.

BOILED LIVER

Mrs. E. E. Little

Pour boiling water over a 2-lb. piece of liver and remove skin, place in deep stewpan, cover with boiling water and let cook at simmering point for 1 hour, or until tender. When about half done, season liquor with salt, pepper, and celery salt, allow to stand in liquor until cold. Slice and serve with garnish of parsley, celery tips, or lettuce.

SAUTED LIVER

Foods and Cookery

Cut liver into 1/2 inch slices, pour boiling water over it and allow to stand a few minutes, dry liver with a cloth, sprinkle with salt and pepper and dredge with flour. Have a skillet with hot bacon fat in it, brown the slices of liver in it, turning often and reducing heat after first few minutes. Serve each piece in the platter with a slice of crisp bacon.

ROAST LIVER

Mrs. Margaret Rew

2 lb. liver (whole)		
salt	pepper	butter

Pour boiling water over liver and remove skin, salt, pepper, and butter well, sear in roaster, add water enough to allow liver to steam in oven until tender.

LIVER LOAF

Mrs. Jennings Bauge

Remove the skin from 1 lb. of beef liver, cut into slices and cook in boiling salt water for 15 minutes, drain, put through food chopper, add the following:

1 C. bread crumbs	small onion chopped	$\frac{1}{2}$ C. ground fresh
2 T. tomato catsup	fine	pork
1 scant t. salt	$\frac{1}{8}$ t. paprika	1 egg well beaten
	juice 1 lemon	$\frac{1}{4}$ t. pepper

Mix the ingredients well together, adding $\frac{1}{4}$ to $\frac{1}{2}$ C. water or milk if mixture seems too dry, turn into greased loaf pan lined with slices of bacon, press mixture firmly into pan and lay strips of bacon over the top. Bake in moderate oven (350° to 375°) for 1 hour.

BRAISED TONGUE

Mrs. E. S. Baird

Boil tongue until slightly tender, remove skin and place in roaster. Surround with diced vegetables, carrots, turnips, peas, beans, potatoes, or any other combination desired. Pour about the tongue some of the water in which it was boiled, cover, and cook slowly until very tender.

Remove the tongue, keeping it closely covered and hot while the vegetables are taken out with a skimmer, thicken the gravy with browned flour. Place tongue on platter, arrange the vegetables in sorted heaps about it, and pour some of the gravy over all, sending remainder to table in gravy-boat.

BOILED TONGUE

Mrs. E. S. Baird

Cover tongue with cold water, add a few peppercorns, cloves, celery stalks, a slice of onion, $\frac{1}{2}$ T. lemon juice or vinegar, and salt, bring to a boil and keep at simmering point until the tongue is very tender, allow it to cool in the liquor. The tongue is then ready to slice, or may be prepared in any desired way.

TONGUE AND VEAL LOAF

1 boiled tongue	1 T. gelatine	pepper
2 C. cooked veal	salt	2 C. veal stock

Chop veal and tongue separately until fine. Soak gelatine in $\frac{1}{4}$ C. cold water, dissolve in hot veal stock seasoned to taste with salt and pepper, put alternate layers of tongue and veal in mold, adding gelatine mixture as placed. Serve with a garnish of sliced lemon or of green pepper rings.

STUFFED HEART

Fannie Farmer

Wash a calf's heart, remove veins, arteries, and clotted blood, fill with poultry stuffing, seasoned with sage, and sew, sprinkle with salt and pepper, roll in flour, brown in hot fat, place in small deep baking pan, half cover it with boiling water. Cover closely, bake slowly 2 hours, basting every 15 minutes. Remove heart from pan, thicken the liquor with flour

diluted with a small quantity of cold water, season, and pour around heart before serving.

SWEETBREAD CUTLETS

4 sweetbreads, or 2	bread crumbs	2 T. water
pairs	2 beaten eggs	toast points

Clean, trim, and parboil until tender, drain and cut meat in neat, $\frac{1}{2}$ inch cutlets or slices, dip sweetbreads in finely sifted dried bread crumbs, then in beaten eggs to which the water has been added, then in fine crumbs, fry in deep fat at 390° until golden brown. Lay in hot platter, garnish with toast points and lemon or serve with a savory sauce.

BROILED SWEETBREADS

Foods and Cookery

Sweetbreads should be parboiled in acidulated water (1 T. vinegar to 1 qt. water) before using. Split parboiled sweetbreads crosswise and sprinkle with salt and pepper, broil under gas flame or saute in hot greased skillet about 5 minutes. Brush with butter and garnish with slices of lemon and parsley.

BRAINS WITH SCRAMBLED EGGS

Foods and Cookery

Soak calf's brains in cold water for $\frac{1}{2}$ hour and then cook in boiling salted water 10 minutes, cool and break meat into small pieces. Prepare eggs for scrambling and add brains to mixture, cook in hot, buttered skillet until egg is set, but not hard.

SAUCES FOR THE DIFFERENT MEATS

Roast Beef—Tomato catsup, horseradish.
 Roast Mutton—Stewed gooseberries.
 Boiled Mutton—Caper sauce.
 Roast Lamb—Mint sauce.
 Roast Pork—Apple sauce, apple amber.
 Roast Turkey—Cranberry or celery sauce.
 Roast Chicken—Currant jelly or plum or grape catsup.
 Roast Venison or Duck—Currant jelly.
 Boiled Turkey—Oyster sauce.
 Boiled Steak—Mushrooms, fried onions or pickled walnuts.
 Pigeon Pie—Mushroom sauce.
 Roast Goose—Stewed gooseberries.
 Fried Salmon—Egg sauce, cream sauce or stewed tomatoes.
 Broiled Mackerel—Stewed gooseberries.
 Boiled or Baked Fish—White or drawn butter sauce.

MINT SAUCE

$\frac{1}{4}$ C. crushed mint	2 T. sugar	$\frac{1}{4}$ t. salt
leaves	4 T. vinegar	$\frac{1}{8}$ t. paprika
$\frac{1}{2}$ C. boiling water		

Pour boiling water over the crushed mint leaves, add sugar. Cover closely and let stand $\frac{1}{2}$ hour. Add the vinegar, pepper and salt.

TARTAR SAUCE

- | | | |
|------------------------------|--------------------------------|---------------------|
| 1½ C. mayonnaise | 1 t. chopped parsley | 1 t. chopped capers |
| 1 T. chopped sweet
pickle | 1 T. chopped stuffed
olives | ½ t. chopped onion |
| | | ¼ t. salt |

Chop the pickles, parsley, olives, capers, and onions very fine and add to the mayonnaise, add the salt and serve very cold on the fish.

TOMATO SAUCE

- | | | |
|-------------|-------------|-------------|
| 1 C. tomato | | ½ t. salt |
| 1 T. flour | 1½ t. sugar | ⅛ t. pepper |

Heat tomato to boiling point. Mix flour, sugar, salt and pepper well and add to boiling tomato, stir until flour is well mixed and cook 3 to 5 minutes.

TOMATO SAUCE

- | | | |
|-------------|-----------------|------------------------|
| 2 T. butter | | |
| 2 T. flour | salt and pepper | 1 C. strained tomatoes |

Melt butter, add flour, stirring until blended, add tomatoes and seasoning, stirring until thick.

MUSHROOM SAUCE

Mrs. M. D. Helser

- | | | |
|-------------|--------------------|-------------------|
| 2 T. butter | salt and paprika. | juice from mush- |
| 2 T. flour | 1 can of mushrooms | rooms and enough |
| | | milk to make 2 C. |

Melt butter, add flour, stir until smooth, then add liquid and seasoning, stir until well thickened, add mushrooms cut in medium sized pieces. This will serve 6 to 8 persons generously.

MUSHROOM SAUCE

Mrs. Guy Dodds

- | | | |
|--------------------------------|---------------------|----------------------|
| ¼ C. butter | | ¼ t. salt |
| ½ lb. mushrooms (½
lb. can) | 1 pt. chicken stock | dash of paprika |
| ¼ C. flour | 2 beaten egg yolks | ½ T. chopped parsley |
| | ¼ C. cream | ½ T. lemon juice |

CURRY SAUCE

- | | | |
|-------------|-------------------|---------------|
| 2 T. butter | ¼ t. salt | ⅛ t. pepper |
| 2 T. flour | ½ t. curry powder | 1 C. hot milk |

Melt butter, add flour and seasoning, gradually add milk. May be used over hard-boiled eggs, chicken, macaroni, and steak.

Note—May be used as any cream sauce. Is a seasoning used largely in India (where it is made) and England. Is composed of cayenne pepper, ginger, coriander seed, and other spices.

CURRY SAUCE (English)

- | | | |
|-------------------|------------------|-----------------------|
| ¾ pt. stock | | |
| 1½ oz. butter | 1 T. flour | 1 small onion, sliced |
| 1 T. curry powder | 1 tomato, sliced | salt |

Melt butter in sauce pan, fry onions to a light brown, add flour and curry powder, stir and cook gently for a few minutes, then put in stock and tomato. Season to taste, simmer gently 20 minutes. Strain and serve.

MAITRE D'HOTEL BUTTER

$\frac{1}{4}$ C. butter $\frac{1}{2}$ T. finely chopped $\frac{1}{2}$ t. salt
 $\frac{1}{8}$ t. pepper parsley $\frac{3}{4}$ T. lemon juice

Put butter in bowl, work until creamy, add salt, pepper, and parsley, then lemon juice very slowly. Good with broiled steak or roast.

CIDER JELLY

1 pkg. orange or lemon
 gelatine 2 C. boiling cider $\frac{1}{8}$ t. salt

Dissolve gelatine in boiling cider, add pinch of salt and pour into molds and chill. Serve as a relish.

SPANISH SAUCE

1 C. tomatoes 1 t. soda
 1 t. salt 1 T. meat drippings 2 green peppers
 4 onions $\frac{1}{4}$ t. pepper (shredded)

Boil slowly 1 hour.

HORSERADISH SAUCE

Mrs. H. O. Hickok

To 1 T. butter add flour and milk to make thick white sauce. When cold add $\frac{1}{2}$ pt. whipped cream and 1 bottle horseradish.

BROWN SAUCE

2 T. butter 1 C. brown stock $\frac{1}{4}$ t. salt
 $\frac{1}{2}$ sliced onion from meat $\frac{1}{8}$ t. pepper
 3 T. flour

Cook onion in butter until slightly browned, add flour mixed with seasoning. Brown butter and flour, then add stock gradually.

RAISIN SAUCE

Mrs. E. E. Little

$\frac{3}{4}$ C. raisins $\frac{3}{4}$ C. sugar 1 T. vinegar or lemon
 1 C. water 1 t. cornstarch juice
 4 or 5 cloves 1 T. butter few grains of pepper

Cover raisins with water, add cloves and simmer for 5 minutes. Combine dry ingredients, add to mixture and stir until slightly thickened, add remaining ingredients and serve hot.

EGG SAUCE

The New Butterick Cook Book

1 egg 1 C. thin white sauce

Beat egg, dilute with 1 T. white sauce, then beat into remaining hot white sauce. If egg-white is beaten separately, the sauce will be foamy; if only egg-yolk is used, a good yellow sauce will result. If preferred, 1 chopped hard-cooked egg may be used in place of raw egg.

VEGETABLES

*"The carrot red and the cabbage head,
With the squash and the onion vie;
But who can tell his emotion well,
At the thoughts of a pumpkin pie!"*

TIME FOR BOILING VEGETABLES

Beets—1 to 2 hours, then put in cold water and strip off.	
Shell Beans—1 hour.	Onions—Boil in 2 or 3 waters.
Green Corn—20 minutes.	Turnips—40 to 60 minutes.
Green Peas—20 minutes.	Spinach—20 minutes.
Asparagus—20 minutes.	Parsnips—20 to 30 minutes.
Cabbage—20 minutes.	String Beans—1½ hours.
Potatoes—30 minutes to 1 hour.	Carrots—20 minutes to 2 hours.

ASPARAGUS

The New Butterick Cook Book

Trim stalks to uniform length, wash and tie with soft string, cook in boiling water until tender, keeping tips above the water for the first 10 minutes. Just before cooking is completed, salt the water, drain, untie, and season with melted butter, salt and pepper. If preferred, the asparagus may be cut into inch pieces. In this case, the stalks are put into the water and cooked 10 minutes or more before the tips are added. Asparagus may be served with medium white sauce or Hollandaise sauce may be poured over it. May also be served with hot rich cream and poured over buttered toast.

ASPARAGUS AU GRATIN

Mrs. H. L. Young

Sprinkle grated cheese over pieces of drained, cooked asparagus. Over this sprinkle buttered and seasoned bread crumbs, brown in broiler.

ASPARAGUS IN BLANKET

Margaret Hazen

Trim crusts from thinly sliced bread, wrap the slices in a wet towel and put into oven to steam. When steamed, wrap each slice around three or four tips of canned asparagus, using toothpicks to hold in place, toast in oven. When ready to serve, remove toothpicks and serve with white sauce. Garnish with tiny sprigs of parsley.

BROCCOLI

Broccoli is a species of the cauliflower family which after the first head is harvested produces branching sprouts on which are loose heads. Has a pleasing and delicate flavor.

Before cooking, let heads stand in salt water for a while to make sure

that there are no bugs in the flowerlets. Separate heads and slice stems (if stems are not tender pare and then slice), boil in salted water. When tender drain, season with salt, pepper, and butter. Cream may also be used.

BRUSSELS SPROUTS

The New Butterick Cook Book

Pick off dead leaves from sprouts, soak sprouts in cold salted water for $\frac{1}{2}$ hour, wash them and put them on the fire in plenty of boiling water, boil in an uncovered saucepan until tender. Just before they are done, salt the water, drain in a colander, reheat with melted butter, season with salt and pepper, and serve very hot. They may be served with cream sauce.

CHINESE CABBAGE

OR

CHINESE CELERY CABBAGE

This excellent vegetable belongs to the cabbage family, brought to America by Chinese gardeners many years ago. It has become popular for salads but few people like it cooked. It is as valuable in making salads as lettuce and can always be used in the same way. It has a mild, delicate flavor. May be used for coleslaw.

FRIED CUCUMBERS

Peel cucumbers and slice lengthwise, let stand in salted water 1 hour, drain, roll in egg and seasoned cracker meal, fry in butter. Serve on a platter with meat or by itself.

HARVARD BEETS

Mrs. A. M. Norris

Instead of using all vinegar for Harvard beets substitute 2 T. sweet pickle juice for the vinegar.

HARVARD BEETS

Mrs. C. W. Stafford

12 beets (medium size)	$\frac{1}{2}$ T. cornstarch	2 T. butter
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. vinegar	$\frac{1}{4}$ t. salt

Mix sugar and cornstarch, add vinegar and boil 5 minutes, add diced cooked beets and let cook slowly 10 minutes. Add butter just before serving. Canned beets may be used.

BAKED BEETS

Woman's Home Companion

Bake the beets the same as potatoes, with the skin on. They retain the juices and are superior to the boiled beets.

BOSTON BAKED BEANS

1 qt. navy beans 3 qt. water 2 t. salt

Soak over night, drain, add fresh water and salt, cook slowly until skins will burst, drain, place in bean pot, bury 1½ lb. fresh pork butts in beans and add the following mixture:

2 slices onion 1 t. dry mustard
 ½ C. molasses ¼ C. sugar water to cover beans
 1 t. salt ¼ t. pepper

Bake in slow oven 4 hours.

BOILED LIMA BEANS

The New Butterick Cook Book

1 qt. green lima beans or 1 C. milk or cream
 2 C. dried lima beans salt and pepper 1 T. butter

If green beans are used, put them into just enough boiling water to cover, boil slowly until tender. Salt water just before cooking is completed, add butter, salt and pepper to taste. If desired, 1 C. of milk or cream may be added and the beans allowed to simmer in it for a moment. If dried beans are used they should be soaked 12 hours before cooking. Drain and add cream.

SPANISH STRING BEANS

Mrs. Chas. Reynolds

4 T. butter or drippings 2 lb. green string
 2 large onions 1 T. flour beans
 2 tomatoes 1 chili pepper 2 t. salt

Cook onions, tomatoes, pepper, and fat until well done and golden brown (slice vegetables thin). Brown flour, add hot water and beans, cook slowly 1½ hours, adding salt when half done.

CABBAGE

Mrs. T. R. Agg

Slice cabbage fine, then cut across or chop, let stand in cold water ½ hour, drain, cover with boiling salted water. Cook until tender and drain off boiling water. Make a white sauce of 1 T. flour, 1 T. butter, 1 C. milk, add 1 t. vinegar and pour over cabbage. Serve at once.

CABBAGE AU GRATIN

Florence E. Busse

Arrange alternate layers of cooked and well seasoned cabbage and medium white sauce in a baking dish, sprinkle grated cheese between layers, cover with buttered crumbs and grated cheese and bake until crumbs are brown.

ENGLISH CARROTS

Mrs. A. M. Norris

Brown a large onion in butter, cut 6 or 8 carrots in long strips and cut a tart apple, add both to the onion, add 1 T. sugar, ½ t. salt, and enough water to make moist. Cover and simmer until carrots are tender.

STEWED CELERY

The New Butterick Cook Book

2 C. celery cut in 1 inch pieces	$\frac{1}{2}$ C. milk	2 T. butter
	2 T. flour	salt and pepper

Wash the stalks clean and cut into pieces. Place the celery in stewpan, cover with boiling water and simmer slowly until tender (about 30 minutes), by which time the water should be reduced to about $\frac{1}{2}$ C. Make a sauce with celery water, milk, flour, and butter, add the cooked celery and season with salt and pepper.

CREAMED CELERY

Mrs. Elmer Coffin

1 T. flour	3 C. finely sliced celery	1 T. butter
salt and pepper		1 C. milk

Boil the celery until tender and drain. Heat milk in double boiler, mix butter and flour, cook until thickened, add celery and season rather highly.

CAULIFLOWER

The New Butterick Cook Book

Remove the green and imperfect leaves from the cauliflower and place it top downward in a dish of cold, salted water to draw out dust and other impurities. Cook it, whole or broken into flowerlets, in boiling water. Just before cooking is completed, salt the water, lift out the cauliflower very carefully and allow to drain in a warm place. Pour a medium white sauce over it, or send the sauce to the table in a sauceboat, or serve with melted butter and paprika. Sometimes hot boiled cauliflower is sprinkled with grated cheese and then cracker or bread crumbs mixed with a little butter and baked a light brown, or it may be sprinkled with grated cheese and served without baking.

SCALLOPED CAULIFLOWER

Cook cauliflower, drain and place in buttered baking dish. Make white sauce of: 2 T. butter, 2 T. flour and 1 C. milk. Add 2 T. grated cheese. Pour over cauliflower and cover with buttered bread crumbs. Bake until brown.

CAULIFLOWER MOUSSELAINE

Drain a cooked cauliflower, separate into flowerlets, and pour over it a sauce made in the following way: Mix together the slightly beaten yolks of 2 eggs, $\frac{1}{4}$ C. cream, $\frac{1}{2}$ t. salt, $\frac{1}{8}$ t. nutmeg and the juice of $\frac{1}{2}$ lemon. Stir constantly in double boiler until the mixture thickens, then add 2 T. butter and when melted, pour at once over the cauliflower.

KOHLE-RABI

Kohl-rabi is a species of cabbage which has developed a turnip shaped stem above the ground. It has the combined flavor of cabbage and turnip. Select the small tender balls for cooking. Pare, slice and boil in salted water. When tender, mash and season with salt, pepper and butter. Serve hot.

CREAMED KOHL-RABI

6 kohlrabi		
2 T. butter	salt	2 C. milk
2 T. flour	paprika	1 egg yolk

Wash and pare the kohlrabi, cut in $\frac{1}{2}$ inch cubes, drop in boiling water to cover and cook until tender. Just before cooking is completed add salt, then drain and shake over the fire to dry slightly. Make a white sauce with flour, fat, milk, and seasoning, adding egg-yolk last and pour it over the vegetable.

FRENCH ARTICHOKE

Ida M. Shilling

Prepare French artichokes by cutting off stem near leaves. Pull off bottom leaves and remove the choke from the center. The choke resembles the inner part of a thistle, so care must be used to remove all the fine hairy fibers. Tie a string around the artichoke to keep it in shape, cook in boiling water from 30 to 40 minutes, or until done, remove and drain. These may be served hot with butter sauce, or cold with mayonnaise. It is eaten with the fingers by pulling off 1 leaf at a time and dipping the base of it in the sauce.

VEGETABLE OYSTER OR SALSIFY

Mrs. J. L. Budd

Wash and scrape the salsify and drop immediately into cold water to keep it from turning dark, slice and boil in salted water. When draining, leave part of water in the pan, pour in milk and season with salt and butter, bring to a boil. Split and butter hot baking powder biscuits, place them on a platter and pour vegetables over them. This is a very old recipe.

STUFFED EGG PLANT

Mrs. A. E. Little

1 egg plant	1 small tomato	1 egg
2 to 3 T. butter	1 $\frac{1}{2}$ C. cold meat	$\frac{1}{2}$ C. cracker crumbs
$\frac{1}{2}$ onion	chopped	grated bread crumbs

Cover egg plant with boiling water and let simmer about 15 minutes. Remove from the water and cut in halves, scrape out the interior to leave a firm shell, press out the moisture from the pulp. Melt the butter, add the onion chopped fine, and when softened by the heat add the cold meat (veal or chicken) with a little ham if preferred. Stir in the tomato, cut fine, the pulp of the egg plant mixed with an equal bulk of grated bread crumbs, the egg, and salt and pepper to taste. Cook about 10 minutes, mixing thoroughly. Fill the 2 shells, giving them a rounded top, cover with the cracker crumbs mixed with the melted butter. Bake until brown and serve while hot.

FRIED EGG PLANT

Wash the egg plant and slice very thin, salt, roll in egg and seasoned cracker crumbs and fry in butter until tender.

CORN AND PEPPER EN CASSEROLE

Mrs. Chas. Reynolds

2 C. canned corn	$\frac{1}{8}$ t. pepper	1 pimento
2 T. sugar	$\frac{1}{2}$ C. milk	1 C. fine bread crumbs
1 t. salt	1 green pepper	1 T. butter

Add sugar, salt, pepper, milk, and finely chopped pepper and pimento to the corn. Into a buttered casserole place alternate layers of corn mixture and bread crumbs, cover top with crumbs, dot with butter, bake 30 minutes.

CREAMED CORN AND GREEN PEPPER

Mrs. T. R. Agg

3 T. butter		$1\frac{1}{2}$ C. cooked corn
3 T. flour	$\frac{1}{4}$ t. pepper	2 T. chopped green pepper
1 t. salt	1 C. milk	

Melt the butter, add flour, salt, and pepper, add milk and cook until creamy, add the corn and green pepper and cook 1 minute. Serves 2.

CORN OYSTERS

Mrs. W. Neil Adams

4 ears corn	1 t. salt	$\frac{3}{4}$ C. cracker crumbs
2 beaten eggs	2 T. melted butter	$\frac{1}{2}$ t. pepper

Grate green corn slightly to break the skin, then scrape out pulp with a dull knife, add other ingredients. Fry in spoonfuls on well greased frying pan.

SCALLOPED CORN AND OYSTERS

Mrs. Elrene Nisewanger

$\frac{1}{2}$ C. corn	1 T. chopped peppers	4 T. melted butter
$\frac{1}{2}$ pt. small oysters	$\frac{1}{2}$ C. chopped celery	$1\frac{1}{2}$ C. milk
2 C. cracker crumbs	$1\frac{1}{2}$ t. salt	1 egg

Mix ingredients together and bake in a moderate oven for 30 minutes. Salsify may be used in place of oysters.

CORN SOUFFLE

Mrs. C. L. Gleason

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. rolled cracker crumbs	3 eggs
$\frac{1}{4}$ C. flour		1 can cooked whole corn
$\frac{2}{3}$ C. milk	1 T. sugar	

Melt butter, add flour, milk, and season, then add corn, crumbs, and egg yolks well beaten, fold in whites well beaten. Turn in buttered baking dish, bake $\frac{1}{2}$ hour in moderate oven. Just before serving turn on heat to brown.

DELICIOUS CARROTS

Mrs. T. R. Agg

Steam or boil until tender, as many medium sized carrots as will be needed, using very little water. Slice lengthwise and place in baking dish. On the carrots lay slices of cheese and thin strips of bacon. Bake in oven (400°) until bacon is crisp.

FRENCH FRIED ONIONS

Chef, Des Moines Club

Slice onions in rings of $\frac{1}{4}$ inch thickness (Spanish onions are preferable), pull apart using hearts for some other purpose. Dip onions in milk and roll lightly in flour, place in grease (either suet, lard or oil), let same blanch to half-cooked. Remove and allow grease to get real smoking hot, place onions again in grease and allow to become crisp and brown, shuffling them in French frying basket to get them all uniform brown. Remove and sprinkle with salt. The most important thing is to have your grease hot.

BAKED ONIONS

Mrs. O. P. Rutledge

Slice onions in baking dish and add butter, salt and pepper, bake until tender.

POTATO PUFF

Mrs. Chas. Reynolds

2 C. mashed potatoes

2 T. melted butter

2 eggs

 $1\frac{1}{2}$ C. milk

Add butter to potatoes and beat until creamy, add well beaten eggs, milk, and salt, bake in moderate oven until brown. Made from left-over mashed potatoes.

SLICED POTATOES

Mrs. S. H. Thompson

Slice raw potatoes very thin, put into double boiler, fill $\frac{3}{4}$ full rich milk, add butter and seasoning. Steam 45 minutes. Do not stir.

RICED POTATO FLUFF

Mrs. C. G. Cole

6 med. size potatoes

2 eggs

salt

 $\frac{1}{4}$ C. milk

2 T. butter

pepper

Cook and rice potatoes, add butter, salt, and pepper, beat eggs, add milk and combine with potato mixture. Put in shallow pan, brush top with melted butter, place in oven and when heated put in broiler until top is a light brown color. Cut in squares and serve hot.

SCOTCH POTATO STEW

Cut 1 pt. potatoes into cubes and fry in deep fat. Serve in sauce made by frying 1 small onion in 2 T. butter, add 1 T. flour, 1 C. milk, salt, pepper, and parsley. Boil, then add potatoes and serve at once.

PEAR POTATOES

Mrs. H. R. Long

Boil and mash potatoes in usual way but do not add quite as much milk as they should be quite firm, then add a generous helping of butter, salt and pepper to taste. When cool enough to handle well, mold in pear shape with hands, then roll them in an egg which has been well beaten, white and yolk together. Place on buttered pan and stick a whole clove in the top of each pear, bake in a moderate oven until brown.

POTATOES IN PARSLEY BUTTER

- | | | |
|-----------------------|---------------------|-------------------------------|
| 1 lb. small potatoes. | | $\frac{1}{2}$ t. salt |
| 3 T. butter | 2 T. minced parsley | $\frac{1}{8}$ t. white pepper |

Steam potatoes until tender, remove skins and sprinkle lightly with salt. Melt butter, add remaining ingredients and add hot potatoes, shake over the fire until each potato is covered with butter, and serve at once.

SCALLOPED POTATOES

Fannie Farmer

Wash, pare, soak and cut 4 potatoes in $\frac{1}{4}$ inch slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour and dot over with $\frac{1}{2}$ T. butter, add hot milk and cream until it may be seen through top layer. Bake $1\frac{1}{4}$ hours or until potato is soft.

POTATOES IN HALF SHELL

Select 6 medium sized potatoes, bake, remove from oven, cut in halves and scoop out inside, mash, add 2 T. butter, salt, pepper, and 3 T. hot milk, add whites 2 eggs well beaten. Refill skins, brush over top of potatoes with egg yolk, return to oven to brown. Grated cheese may also be added.

CANDIED SWEET POTATOES

- | | |
|--------------------------|------------------------------------|
| 1 t. butter | $\frac{1}{2}$ C. light brown sugar |
| 6 sweet potatoes (2 lb.) | |

Scrub, pare, and boil potatoes and cut in halves lengthwise. Put butter, sugar, and salt in baking dish, add potatoes, place dish in oven uncovered and cook slowly, browning entire surface.

SCALLOPED SWEET POTATOES WITH APPLES

Mrs. W. H. Jameson

Boil sweet potatoes with peeling on until tender, when cool, peel. Butter a baking dish and slice sweet potatoes about 1 inch, thick, sprinkle with brown sugar and dots of butter. Peel tart apples and slice a layer and sprinkle with brown sugar and dots of butter, repeat with alternate layers of potatoes and apples till dish is filled. Add brown sugar and butter to top, cover, set in a medium hot oven 1 hour, removing cover the last few minutes to brown. Do not add any other moisture.

SWEET POTATO AND APPLE

Mrs. C. F. Curtiss

Cut large apples in two, halfway between stem and blossom, remove all core, place halves in pan, cut side up, put sugar and water in pan, boil or bake until tender but not broken. Boil, drain, mash, and season with salt, pepper, or thick cream, enough sweet potatoes to serve as many as you have apples. Place large spoonful of potato on top of apple, baste with spoonful of syrup and put in oven. 5 minutes before serving, place a marshmallow on each mound of sweet potato. When slightly browned, serve.

SWEET POTATOES AND PEANUTS

Bake the desired number of sweet potatoes, cut in halves, scoop out soft part, mash and season with butter, a little brown sugar, 1 egg yolk and enough milk to moisten, pile lightly in the shell and sprinkle on top finely chopped peanuts. Brown in hot oven.

SWEET POTATOES AND MARSHMALLOWS

4 large boiled sweet potatoes	1 t. salt	2 T. dark brown sugar
2 T. butter	$\frac{1}{4}$ t. pepper	1 T. cream
		12 marshmallows

When the boiled potatoes are cool enough to handle, peel and mash or put through potato ricer, add butter, salt, pepper, sugar, and cream, beat for 2 minutes, pile in buttered baking dish. Cut marshmallows in quarters, using scissors which have been moistened with hot water. Place these on top of potatoes, bake in a moderate oven for 20 minutes. Serve in the dish in which the potatoes are baked.

FRIED PARSNIPS

Prepare parsnips in usual way for cooking, drain and fry in butter and sprinkle with brown sugar. Parsnips may also be mashed, seasoned with salt, pepper, butter, beaten egg and made into croquettes or balls.

SPINACH-BACON SAUCE

1 can spinach	1 T. vinegar	$\frac{1}{2}$ C. fine bread crumbs
3 slices bacon	1 t. salt	

Cut bacon into small pieces and fry until brown. Place heated spinach in serving dish, add vinegar, bread crumbs, and salt to bacon and pour over spinach. Serve very hot.

SPINACH LOAF

1 can spinach (drained)	2 T. butter
2 eggs (beaten)	juice of $\frac{1}{2}$ lemon
1 C. cracker crumbs	

Mix the ingredients and place in a buttered baking dish and bake 30 minutes.

SPINACH SOUFFLE

3 T. butter	1 C. cooked spinach	1 C. milk or thin cream
3 T. flour	onion juice	
$\frac{1}{4}$ t. salt	3 eggs	$\frac{1}{2}$ C. grated cheese
$\frac{1}{8}$ t. pepper		

Melt butter, add flour and seasoning and gradually the milk, add spinach pressed dry and the well beaten yolks, fold in grated cheese and the stiffly beaten egg whites. Bake in buttered dish standing in hot water at about 350° F. for about 40 to 60 minutes. When firm, serve with white sauce.

GREEN PEPPERS FARCI

Florence E. Busse

Cut the tops from green peppers, scoop out the inside and boil for 5 minutes. Fill the cavities with cold cooked veal or ham, $\frac{1}{2}$ C. bread crumbs, $\frac{3}{4}$ C. cream or white sauce, and 1 T. butter, season with salt, onion juice, and minced parsley.

SCALLOPED TOMATOES

Mrs. C. G. Cole

1 can tomatoes (drained salt rolled cracker crumbs
reserving juice) butter pepper

Put layer of cracker crumbs in buttered baking dish, then layer of tomatoes, seasoned with salt, pepper, and dots of butter. Repeat, pour tomato juice over mixture, cover top with buttered crumbs and bake in moderate oven.

STUFFED TOMATOES

Mrs. S. H. Thompson

6 tomatoes
2 C. cold boiled corn bread crumbs and 1 C. thick, rich white
cut from cob butter sauce

Scoop out center of tomatoes, mix corn with white sauce and fill tomato cups, sprinkle top with buttered and seasoned crumbs. Bake in moderate oven until tomatoes are tender. A little ground meat or bacon placed on top improves the flavor.

BAKED STUFFED TOMATOES

Wash tomatoes, cut slices from stem end and remove pulp. Make a bread dressing using the tomato pulp, season with pepper, salt, and a little sage, fill tomato and bake until tender.

TURNIP CUP ENTREE

Mrs. R. L. Cochran

Wash and pare turnips. Leave whole, scooping out center to make a cup, boil in salt water until tender. When ready to serve fill center with creamed peas and carrots. (The turnip scraps may be boiled and used in place of carrots.)

FRIED VEGETABLE BALLS

Mrs. Chas. Reynolds

2 C. any cooked vege- 1/2 t. salt
tables, chopped 1 C. dry bread 2 T. grated cheese
2 T. butter crumbs 1 egg, with 1/4 C. wa-
2 T. grated onion 1 egg yolk ter for coating

Combine ingredients, let stand 10 minutes to swell crumbs. Shape into balls, beat egg with the water until mixed, roll balls in crumbs, then in the egg, and again in crumbs. Fry in deep fat until brown.

SALADS and SALAD DRESSINGS

"To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."

"Crisp and cool" should be your watchword in salad making.

Almost any cooked or raw fruit or vegetable, any meat, fowl, or fish may be utilized in the making of salads.

Salad should always be made an attractive dish, by having the ingredients properly prepared, the garnish fresh and crisp. From the artistic side of the serving of foods, salads are used to carry out a color scheme in the meal. The chief purpose of salads is to provide something which is lacking in the rest of the foods served at the meal.

A salad should be a contrast to the rest of the meal as far as flavor is concerned.

Greens used in salads should be wrapped loosely in a moist cloth and put in a cool place.

Vegetables, meats, or fish are much more appetizing if they are cut in fairly large pieces. All of these ingredients should be lightly tossed together, not stirred. When nuts are to be used in a salad they should be chopped or cut in small pieces and added to the salad just before serving.

VEGETABLE SALADS

ASPARAGUS SALAD

1 can asparagus tips	1 T. tomato catsup	1 fresh sweet red pep-
1 C. French dressing	1 can pimento or	per

Marinate drained asparagus in French dressing, to which the tomato catsup has been added. Put 4 or 5 tips of asparagus in each ring of pimento or pepper and serve on lettuce.

SPINACH SALAD

Mary Louise Everett

1 lb. spinach	3 hard cooked eggs,	1 t. sugar
6 slices of bacon	diced	salt to taste
1/2 C. vinegar	1/2 C. bacon fat	dash of paprika

Wash and drain spinach thoroughly, shred with knife so that it can be easily eaten. Cut slices of bacon into small pieces, broil and mix with diced eggs, add vinegar to hot fat, also sugar and salt. Pour dressing over spinach and serve immediately.

RAW CARROT SALAD

10 young carrots	1/2 C. nut meats	1/2 C. mayonnaise or
1 bunch of celery	salt to taste	enough to moisten

Scrub carrots with vegetable brush, also celery, let stand in cold water

1 hour. Put carrots and celery through meat grinder, add salt, chopped nuts. Mix with mayonnaise and serve.

CABBAGE STUFFED TOMATOES

4 med. sized tomatoes	1 T. chopped green	$\frac{1}{4}$ t. paprika
1 C. chopped cabbage	pepper	$\frac{1}{4}$ t. celery salt
1 T. chopped onion	1 t. salt	$\frac{2}{3}$ C. mayonnaise

Wash and peel tomatoes, remove part of the inside, mix cabbage, onion, green pepper, salt and 2 T. of mayonnaise. Fill cases and serve on lettuce with mayonnaise on top of each.

RAW ONION SALAD

Oranges diced, and minced Bermuda onions make a good combination as a salad. Serve on lettuce with French dressing.

TOMATO PINEAPPLE SALAD

Blanch medium sized tomatoes, remove a slice from top, take out seeds and some pulp, sprinkle inside with salt and invert for 30 minutes. Fill cavity with diced pineapple and walnut meats (chopped), $\frac{2}{3}$ pineapple to $\frac{1}{3}$ walnuts. Mix with mayonnaise, dash of paprika on top.

CABBAGE PINEAPPLE AND ONION SALAD

$\frac{3}{4}$ head cabbage,		1 onion chopped
shredded	1 small flat can	1 C. whipped or sour
1 C. cooked dressing	grated pineapple	cream

Chill ingredients, add dressing and cream and serve at once.

POTATO SALAD

3 C. cubed cold potatoes		$\frac{3}{4}$ C. diced celery
1 T. minced onion	3 hard-cooked eggs,	and cucumbers or
1 T. chopped parsley	diced	$\frac{3}{4}$ C. diced cucumbers

Cube potato, onions, marinate with French dressing, allow to stand 1 hour, keep out a few slices of eggs to garnish. Arrange on lettuce with salad dressing with chopped parsley sprinkled over the top.

HOT POTATO SALAD

$\frac{1}{4}$ lb. bacon cut into		potatoes boiled with
dice	1 small onion	skins and still hot

Fry bacon until brown, lift out and saute onion cut fine, add a few grains of salt and cayenne and $\frac{1}{2}$ as much vinegar as fat. Remove skins from potatoes and slice hot into frying pan, enough to take up liquid, add bacon and toss together and serve.

CHINESE VEGETABLE SALAD

1 C. hard-boiled eggs,		
diced	$\frac{1}{2}$ C. nut meats,	$\frac{1}{2}$ C. chopped celery
2 C. shredded cabbage	chopped	1 C. mayonnaise

Mix ingredients and serve very cold on lettuce.

CARROT PEANUT SALAD

Mrs. S. H. Thompson

- 3 C. carrots ground
 1½ C. celery chopped
 ½ t. salt
 Combine and serve on lettuce.
- Mrs. S. H. Thompson
- 1½ C. peanuts,
 ground
- 1½ C. salad dressing
 ¼ C. whipping cream

STUFFED TOMATO SALAD

Remove skin, and chill tomatoes, remove pulp, stuff with equal parts of boiled ham (run through meat chopper), cucumbers, and celery. Put spoonful of mayonnaise on top and serve on lettuce leaf.

STUFFED TOMATO SALAD

Remove pulp from the center of tomatoes, chill, and fill centers with the following mixtures:

1. Equal quantities of diced pineapple and chopped nuts. Mayonnaise dressing to moisten.
2. Equal quantities of cucumber, green pepper and onion, cut fine.
3. Equal quantities of cream cheese and chopped olives. Mayonnaise or boiled salad dressing to moisten.

JELLIED SALADS and FRUIT SALADS

BASIC JELLY FOR SALADS

- | | | |
|--------------------------|-----------------|-----------------------------|
| 1½ C. cold water | 1 t. salt | ¾ C. vinegar or lemon juice |
| 2 T. granulated gelatine | 4 to 6 t. sugar | |
| 1 pt. boiling water | | |

Soak gelatine in cold water, pour over it boiling water, add seasoning and cool. Arrange vegetables or fruit in mold, and when jelly is about to set, pour it into the mold over fruit or vegetables. For fruit salads use lemon juice instead of vinegar and reduce quantity to taste. Other seasoning, onion juice, celery, salt, etc., may be used.

CRYSTAL CUCUMBER SALAD

Mrs. E. S. Proper

Dissolve in $\frac{1}{2}$ C. water 1 envelope gelatine, let stand $\frac{1}{2}$ hour, add 2 C. hot water and $\frac{1}{2}$ C. sugar, cool and when beginning to set add: 1 C. stuffed olives, sliced, 1 C. crystal cucumber pickles that have been cooked together, 1 small can crushed pineapple. Method: Color gelatine with a few drops of green fruit coloring. This should be made in individual molds. Serve with a spoonful of salad dressing on each and a few pe-can meats. The crystal cucumbers are sliced sweet cucumber pickles.

CUCUMBER SALAD

Mrs. A. H. Munn

- | | | |
|-------------------|---------------------|------------------|
| 1 box gelatine in | 2½ C. boiling water | ½ C. sugar |
| ¾ C. cold water | ⅓ C. vinegar | juice of 1 lemon |

When this commences to harden, add 3 large cucumbers chopped fine, and a small can grated pineapple. Color with green coloring. 16 molds.

CRANBERRY SALAD

Mrs. S. H. Thompson

1 qt. cranberries cooked until soft, strain and add 2 C. sugar and cook for 5 minutes. Soak 3 T. gelatine in $\frac{1}{2}$ C. cold water and add the hot cranberry. When cool, just as it is beginning to set, add 1 C. chopped apple, 1 C. chopped celery, $\frac{1}{2}$ C. chopped nuts, let stand several hours until firm.

CRANBERRY SALAD

Mrs. A. J. Martin

1 qt. cranberries, 2 C. water, boil until soft and strain. To juice add 2 C. sugar and cook 5 minutes, add $\frac{1}{2}$ T. gelatine and 3 T. cold water. When it begins to congeal add 1 C. chopped apples, 1 C. celery, 1 C. chopped nuts.

Dressing for Salad

Juice of 1 lemon and 1 orange, strain and add 1 C. sugar, boil and pour over well beaten egg, let boil until thick, stirring constantly. Add to whipped cream.

CRANBERRY SALAD

Mrs. R. E. Nichol

4 C. cranberries	2 T. gelatine	1 C. grapes, halved
1 C. pineapple juice	$\frac{1}{2}$ C. cold water	and seeded
hot water	2 C. walnut meats	1 C. pineapple diced

Cook cranberries in pineapple juice, then add enough hot water to make $3\frac{1}{2}$ C. Soak gelatine in cold water, add cranberries and sugar, cool. When cool add remaining ingredients, stir well and chill.

CRESCENT SALAD

Mrs. John Hammill

1 pkg. macaroni	1 onion size of egg or	$\frac{1}{2}$ C. pimento and
3 hard boiled eggs	1 small bottle of the	olives
$\frac{1}{2}$ C. diced celery	very smallest onions	salad dressing

BLACK CHERRY SALAD

Mrs. W. F. Beard

2 pkgs. lemon gelatine	1 No. 2 $\frac{1}{2}$ can black	1 small can stuffed
3 C. boiling water	cherries and juice	olives
$\frac{1}{4}$ lb. almonds		

Pour gelatine when cool over pitted cherries, olives, and almonds. Serve on lettuce with mayonnaise.

TOMATO JELLY SALAD

3 C. strained tomato	1 small onion	2 T. granulated gela-
$\frac{1}{4}$ C. vinegar	1 bay leaf	tine
1 t. salt	1 T. sugar	$\frac{1}{2}$ C. cold water

Heat canned tomato and strain, add seasoning to strained tomato, cook for 15 minutes. Soak gelatine in water, strain hot mixture and pour over gelatine, stir, and when beginning to set, stir again and put into mold. Cut in squares and serve on lettuce with mayonnaise. Serves 8.

JELLIED CHICKEN SALAD

- | | | |
|--------------------|-------------------|-----------------|
| 4 hard-cooked eggs | | |
| 3 C. diced chicken | 1 C. diced celery | jelly for salad |
| 1 C. canned peas | 1 C. mayonnaise | pimento |

Arrange slices of eggs in bottom of mold with the mixed chicken, peas and celery on top. When the jelly is ready to set, stir in salad dressing and pour over the ingredients, place on ice to chill. Garnish with pimento, and pass a mayonnaise dressing when serving. Serves 8.

MOLDED SALADS

- | | | |
|---------------------------------------|--|-------------------------|
| 1 pkg. lemon gelatine | 1 banana diced | 1/2 C. marshmallows |
| 1 T. sugar, add while gelatine is hot | 1 C. white cherries, (pitted and halved) | cut fine (if desired) |
| | | 1 C. shredded pineapple |

When gelatine is cool, not set, pour over the other ingredients, which have been arranged in molds, and serve with mayonnaise to which whipped cream may have been added.

CABBAGE AND CELERY SALAD

- | | | |
|--------------------------|---------------------------|------------------------|
| 2 T. granulated gelatine | 1 1/4 C. boiling water | 1/2 C. chopped celery |
| 1/3 C. cold water | 1 1/2 t. salt | 1/4 C. chopped pimento |
| 1/4 C. sugar | 1 1/2 C. shredded cabbage | to |
| 1/3 C. vinegar | | 1/4 C. chopped olives |

Soak gelatine in cold water 5 minutes, have vinegar and water boiling, add sugar, and pour over the soaked gelatine. When cool pour over the shredded cabbage and other ingredients.

GINGER ALE SALAD

- | | | |
|----------------------|-----------------|--------------------------|
| 2 T. gelatine | | |
| 1/4 C. cold water | juice 1 orange | 1 1/2 C. berries |
| 1/2 C. boiling water | 2 C. ginger ale | 1 1/2 C. pitted cherries |
| juice 1 lemon | 1 C. sugar | 1/4 C. chopped nuts |

Soak gelatine in cold water, add boiling water to dissolve it, then add other ingredients in order given, turn into individual molds. The berries may be fresh strawberries, or raspberries. Chopped pineapple or peaches may replace cherries. Almonds, walnuts, or pecans may be used. Serves 6.

JELLIED ASPARAGUS, PEAS AND BEET SALAD

- | | | |
|----------------------|-----------------|------------------------|
| 1 can asparagus tips | basic jelly for | 1 C. diced or julienne |
| 1 can peas | salads | beets |

Arrange the vegetables in a mold with the asparagus on the bottom, then the beets, and lastly the peas, pour the cooled jelly over this and allow this to harden. To serve cut in slices and turn up the cut side so that a layer of each vegetable will show. Serve with mayonnaise.

PINEAPPLE AND CARROT SALAD

Mrs. John Hammill

Scrape and put through meat grinder enough carrots to make 2 C. Add the following:

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|---|---|--|
| 1 can (2 $\frac{1}{2}$) sliced pine-
apple, cut in small
cubes | 1 envelope gelatine
2 T. lemon juice
$\frac{3}{4}$ C. sugar | 2 large C. cold water
$\frac{1}{2}$ t. salt |
|---|---|--|

Soak gelatine in 1 C. water, bring other C. to boiling point, add lemon juice and salt and the juice from can of pineapple, less $\frac{1}{2}$ C., cool, and when beginning to thicken add pineapple and carrots and mold. Serve on lettuce with golden dressing. Serves 20.

GOLDEN DRESSING

$\frac{1}{2}$ C. each pineapple

lemon, orange juice 4 eggs $\frac{3}{4}$ C. sugar

Cook until thick, beating all the time, add a pinch of salt, remove from fire, beat until cold and add 1 C. of sweet cream (whipped).

SUNSET SALAD

Mrs. O. P. Rutledge

- | | | |
|-----------------------|--------------------------------|-----------------------|
| 1 pkg. lemon gelatine | $\frac{1}{2}$ C. sugar (scant) | 1 C. grated pineapple |
| 2 C. boiling water | 1 C. grated raw car-
rot | drained |
| 1 t. salt | | 2 T. vinegar |

Dissolve gelatine in boiling water, add salt, sugar, vinegar, let slightly congeal and pour over grated pineapple and carrot. Serve on lettuce with the following dressing:

- | | | |
|---------------|-----------------------|--|
| 3 eggs beaten | 1 t. flour | $\frac{1}{2}$ C. sugar and gener-
ous lump of butter, |
| 1 t. mustard | $\frac{1}{2}$ t. salt | beat till smooth |

Add $\frac{1}{2}$ C. vinegar gradually and cook until thick. When wanted for salad, thin with whipped cream and beat until light.

COMBINATION SALAD

Mrs. O. P. Rutledge, Mrs. W. J. Schlick

- | | |
|------------------------|--|
| 1 pkg. lemon gelatine | 1 small flat can grat-
ed pineapple |
| a few blanched almonds | 3 small sweet pickles |

Dissolve the pkg. of lemon gelatine in 1 pt. boiling water, let cool, add the grated pineapple which has been drained, add the blanched almonds (chopped), and the sweet pickles which have been cut in thin slices crosswise. Green coloring may be used. Serve on lettuce and garnish with mayonnaise.

RHUBARB SALAD

- | | | |
|---|-------------------------------|---------------|
| $1\frac{1}{2}$ C. cooked rhubarb
sweetened | $1\frac{1}{2}$ T. lemon juice | 1 T. gelatine |
| $\frac{1}{2}$ C. pineapple cut fine | $\frac{1}{2}$ C. sugar | 2 T. water |

PERFECTION SALAD

- | | | |
|---------------------------|--|--|
| $\frac{1}{4}$ C. water | $\frac{1}{2}$ t. salt | $\frac{1}{2}$ C. cabbage shred-
ded |
| 1 T. granulated gelatine | 1 C. boiling water | 1 C. celery diced |
| $\frac{1}{4}$ C. vinegar | $\frac{1}{4}$ C. pimentoes,
cut in strips | mayonnaise dressing |
| juice $\frac{1}{2}$ lemon | | |
| $\frac{1}{4}$ C. sugar | | |

Soften gelatine in cold water, add vinegar, lemon juice, sugar, salt, and boiling water. Bring all to boiling point, cool, and when beginning to thicken add rest of ingredients and turn in a mold. Chill and serve with mayonnaise.

PERFECTION SALAD

$\frac{1}{2}$ C. cold water		$\frac{1}{2}$ C. sugar
$\frac{1}{2}$ box sparkling gelatine	1 pt. boiling water	2 C. celery
$\frac{1}{2}$ C. mild vinegar	1 t. salt	$\frac{1}{4}$ can pimentos
	1 C. shredded cabbage	juice of 1 lemon

Soak gelatine in cold water, add hot water, vinegar, salt, sugar, lemon juice, when cool pour over ingredients and chill. Serve on lettuce with mayonnaise.

SUNBONNET BABY SALAD

10 pear halves		
20 whole cloves	10 thin slices pimento	10 T. salad dressing
20 almonds	to	10 pieces lettuce

Arrange the halves of canned pears, round side up, on lettuce leaves, which curl closely around the pear and have the effect of a hood, place cloves in the pear for eyes, blanched almonds for ears, and slip thin pieces of canned pimento into cut made for nose and mouth. The expression may be varied. Put salad dressing around the outside of the pear to represent hair and arrange a bow of red pimento under the chin of the sunbonnet baby. This is very effective and easy to make. 10 portions.

FRESH PEAR SALAD

Mrs. E. J. Engeldinger

Pears—1 whole or $\frac{1}{2}$ to serving, French dressing to cover, cottage or cream cheese, green pepper.

Marinate peeled pears in French dressing for 3 hours, fill centers with cream or cottage cheese to which a small amount of green pepper (chopped) has been added. Serve on lettuce with mayonnaise.

GREEN SALAD

Mrs. D. W. Atkinson

$\frac{1}{2}$ C. vinegar		
$\frac{1}{2}$ C. water	1 envelope acidulated	1 C. nut meats
$1\frac{1}{2}$ C. sugar	gelatine	$\frac{1}{2}$ doz. small sweet
1 pt. cold water	1 can pineapple	pickles

Boil vinegar, sugar, and the $\frac{1}{2}$ C. water till mixture spins a thread, dissolve gelatine in 1 pt. water, then pour into syrup, add juice of pineapple, add pineapple, nut meats (chopped) and sweet pickles (chopped). Chill.

ORANGE SALAD

Mrs. S. H. Thompson

Measure equal parts of sliced orange, cocoanut shredded, marshmallows cut thin, add sour cream to moisten well. Let stand 6 hours before serving.

WHITE SALAD

Mrs. Paxton

$\frac{1}{4}$ lb. marshmallows		
1 qt. chopped or shredded cabbage	6 slices pineapple, (diced)	1 C. blanched almonds chopped

1 T. flour
 1/2 C. sugar
 salt

Dressing

juice of 2 lemons
 2 T. vinegar

2 egg whites
 1 C. whipping cream

Add vinegar and lemon juice to flour, salt, and sugar, boil, add beaten egg whites and cook till eggs are stiff. Cool and add to whipped cream.

DELICIOUS FRUIT SALAD (READY TO SERVE)

Mrs. Chas. Reynolds

1 can white cherries or
 1 lb. white grapes
 1 can pineapple

1 C. almonds blanched
 and shredded

1/2 lb. marshmallows
 cut in pieces

Dressing

4 egg yolks

1 C. sweet milk

pinch of mustard

Cook like custard, cool and add:

1/2 t. salt

juice of 1 lemon

1 C. cream, whipped

Add dressing to fruit, let stand 12 hours before serving. Serves 16 persons.

AVOCADO PEAR SALAD

Peel pears and marinate in French dressing and chill. Serve with mayonnaise dressing.

STUFFED DATE SALAD

Mrs. M. Dutch

1/2 lb. dates

1 lb. cream cheese or 3/4 C. cottage cheese

Remove pits from dates, stuff with the cheese, sprinkle with nuts. Serve on lettuce leaves with dressing.

VICTORIA SALAD

1 C. diced cantaloupe

1 C. white grapes

1 C. white cherries

1/2 C. French salad
 dressing

1/2 C. diced grapefruit

1/2 C. diced pineapple

Chill all and marinate in French dressing and chill. Serve with mayonnaise dressing.

SOUR CREAM SALAD WITH FRUIT

1 C. orange pulp

1 C. shredded pineapple
 (drained)

1 C. finely cut marsh-
 mallows (pack
 tightly)

1 C. sour cream

1 C. shredded cocoa-
 nut

Fold together and let stand 12 hours. Serve with oil mayonnaise.

COMBINATION FRUIT SALAD

1 grapefruit

2 oranges

1 banana

2 apples

2 slices pineapple

salad dressing

lettuce

Prepare grape fruit and oranges by separating into sections and removing the skin that covers the section. Sections may be served whole or cut in pieces. Slice banana, cut each slice into 4 sections, dice apples and cut pineapple into wedge-shaped sections, mix fruit just before serving. Add either French or fruit salad dressing. Garnish with lettuce leaves. Place a maraschino cherry on top. Serves 6.

INDIVIDUAL SALAD PLATE

Memorial Union

Place on plate in following order: lettuce leaves, buttered toast, large slice of lean pork or chicken; on top and around place sliced tomato, 3 ripe olives, 1 deviled egg, 3 cream cheese balls, and 1 T. mayonnaise.

INDIVIDUAL VEGETABLE SALAD PLATE

Etta M. Budd

Place on plate in following order:

lettuce leaves	celery hearts stuffed	3 stuffed olives
square of perfection	with cheese	1 small pickle
salad, in center of	sliced tomato	2 radishes cut rose
plate		shape

Serve with bread and butter sandwich.

INDIVIDUAL VEGETABLE SALAD PLATE

Etta M. Budd

Place on plate in following order:

lettuce	1 pear sliced	4 ripe plums
1 peach cut in half	cheese balls	1 T. mayonnaise

Other fruits may be used. Serve with nut bread sandwich.

CHEESE SALADS and MEAT SALADS

YUM YUM PINEAPPLE CHEESE SALAD

Mrs. W. H. Jameson

Heat 2 C. crushed pineapple, add juice of 1 lemon and $\frac{3}{4}$ C. sugar, stir until sugar is dissolved. Soak 2 T. of gelatine in $\frac{2}{3}$ C. cold water 10 minutes, add to hot mixture. When cool and beginning to set, add $\frac{3}{4}$ C. grated American cheese and $\frac{1}{4}$ pt. cream (beaten stiff). Mix all ingredients thoroughly, mold, and place in ice box to chill.

Dressing

2 T. each of finely chopped celery and green peppers, $\frac{1}{2}$ C. mayonnaise dressing with a few drops onion juice. Remove salad from molds and serve on crisp lettuce, with this dressing.

GREEN PEPPER AND CHEESE SALAD

sweet green peppers

whole

cream cheese

nuts

Remove slice from top of green pepper and take out seeds, soak in iced salt water $\frac{1}{2}$ hour. Mix creamed cheese and as many chopped nuts as desired, fill the peppers with above mixture and chill in ice box. When ready to serve, slice into thin slices, and arrange on crisp lettuce. Garnish with mayonnaise.

STUFFED PRUNE CHEESE SALAD

Mrs. W. H. Jameson

3 oz. cottage cheese or		15 or 20 large prunes
Philadelphia cream	1 T. finely chopped	2 T. whipped cream
cheese	nuts	2 T. mayonnaise

Steam or soak prunes until softened, remove seeds and fill with the following: Cream the cheese with mayonnaise until it is soft, add whipped cream and chopped nuts. Serve on crisp lettuce leaf and garnish with mayonnaise.

TOMATO CREAM CHEESE SALAD

Mrs. Joe Taylor

- | | | |
|-------------------------|-------------------------|----------------------|
| 1 can tomato soup | 1/2 C. cold water | 1/2 C. green peppers |
| 3 Philadelphia cream | 1 C. mayonnaise | (chopped) |
| cheese in tinfoil | dressing | 1/2 C. onion (chop- |
| 2 T. sparkling gelatine | 1 1/2 C. chopped celery | ped) |

Heat soup, add cheese, beat until it melts, add gelatine which has been soaked in cold water, let cool. When partly congealed add celery, peppers, onion, and mayonnaise dressing. Mold and chill. Serve with oil mayonnaise dressing on lettuce.

ROQUEFORT CHEESE SALAD

1 cucumber cut in small pieces, cover with cracked ice and set in ice chest for 2 hours unseasoned. 1/2 pt. whipping cream whipped stiff, 1/3 lb. Roquefort cheese crumbled into whipped cream (place in ice box to chill), 1 heaping T. gelatine, cover with cold water and let stand for 3 minutes, then pour in enough boiling water to dissolve, let stand until cool. Chop a few spring onions and 1/2 green pepper very fine, salt, to taste. Add cooled gelatine to whipped cream and cheese mixture. Add drained cucumbers, onions, green peppers, and place in mold in ice box to chill.

CHEESE AND PINEAPPLE SALAD

- | | |
|----------------------|--------------------|
| 2 pkg. Philadelphia | 1 small can grated |
| cream cheese | pineapple |
| 1/2 lb. marshmallows | |
- Add pineapple and juice to cheese, add marshmallows (cut in small pieces), let stand 24 hours. Serve with oil mayonnaise.

DEVEILED TOMATO CHEESE SALAD

- | | |
|-----------------------|-----------------------|
| 6 slices tomatoes | 1 T. chopped |
| 1/2 C. pimento cheese | parsley |
| 1 T. chili sauce | ripe olives |
| 1 T. chopped onion | 2/3 C. Russian dress- |
| 1 t. salt | ing |

Mix cheese, chili sauce, onion, olives, parsley, and salt. Place slices of tomatoes on lettuce and cover with the mixed ingredients. Serve with Russian dressing.

PINEAPPLE CREAM CHEESE SALAD

- | | | |
|----------------------|---------------------|-----------------------|
| 1 flat can pineapple | 2 pkg. Philadelphia | 1/2 lb. marshmallows, |
| (grated) | cream cheese | cut up |

Cream cheese, add the drained pineapple and marshmallows, mix all above with salad dressing, using plenty of whipped cream in dressing.

NEW CHICKEN SALAD

1½ C. chicken cooked and diced 1 C. celery diced ½ C. canned or fresh pineapple diced
Combine with salad dressing, arrange and garnish with stuffed olives.
Use oil or cooked mayonnaise.

CHICKEN SALAD

3 C. diced chicken ½ C. diced hard-cooked eggs ¼ t. paprika
2 C. diced celery 1 C. salad dressing
½ t. salt
Mix all ingredients together, let stand in ice box 1 hour, then combine with dressing just before serving.

CHICKEN SALAD

1½ C. cold boiled chicken ½ C. mayonnaise
½ C. French dressing ½ C. whipped cream
½ C. peas ¼ C. chopped olives 1½ C. celery
Cut cold boiled chicken with scissors into inch pieces and mix carefully with French dressing, let stand 1 hour. This seasons the chicken and binds it together. Cut celery into uniform pieces, add peas and celery to chicken. Just before serving time, mix with the mayonnaise dressing to which has been added the whipped cream. Serve on lettuce, garnish with chopped olives, slices of pimento or hard-boiled eggs.

CHICKEN SALAD

Mabel Anderson

2½ qt. chicken 1 qt. mayonnaise ¾ C. chopped pickle (fine)
2 qt. celery 6 hard boiled eggs
1 qt. pineapple tidbits
Makes 32 servings.

CHICKEN SALAD

2 C. diced cooked chicken 1 C. diced celery mayonnaise or boiled salad dressing to moisten
1 C. white or green grapes, seeded ¼ C. olives, sliced
¼ t. salt
Mix ingredients and serve on a bed of lettuce leaves. Garnish with pimentoes.

SWEET BREAD SALAD

1 pair sweet breads 1 C. celery 1 C. orange cut fine
Soak sweetbreads in cold water 20 minutes, then boil in acidulated water for 20 minutes, cool, slice, and mix with finely cut celery and orange. Marinate with French dressing for ½ hour. May be served with any kind of salad dressing.

SWEETBREAD, PINEAPPLE AND PIMENTO SALAD

2 C. cooked and blanched sweetbreads 1 C. celery cut in inch pieces mayonnaise or boiled salad dressing to moisten
1 C. pineapple diced
Mix all the ingredients thoroughly, serve on lettuce leaf. Garnish with small pieces of pimentoes.

LIVER AND VEGETABLE SALAD

- | | | |
|--------------------|-------------------------------|-------------------------------|
| 1 C. cooked liver | $\frac{1}{2}$ C. chopped cab- | $\frac{1}{2}$ C. raw carrots, |
| 2 T. chopped green | bage | shredded |
| pepper | mayonnaise | 2 T. onion, minced |

Marinate cubed liver for 1 hour in French dressing, drain, add vegetables and enough mayonnaise to moisten. Serve on crisp lettuce leaves and garnish with mayonnaise and chopped parsley. 4 servings.

SALMON SALAD

- | | | |
|--------------------------------|----------------------|-----------------|
| 2 C. salmon | 1 C. diced celery | French dressing |
| $\frac{1}{4}$ C. diced Spanish | 3 or 4 sweet pickles | salad dressing |
| onion | chopped fine | lettuce |

Look salmon over carefully, removing skin and bones, break into medium-sized pieces, mix carefully with celery, onion, and chopped pickles. Marinate this with French dressing, taking care not to break up salmon, drain and serve with any desired mayonnaise dressing. Garnish with lettuce.

MOCK SALMON SALAD

Mrs. C. Hamilton

- | | | |
|----------------------------------|----------------------------------|---------------------------------|
| 2 carrots coarsely | $\frac{1}{4}$ C. chopped stuffed | 1 chopped green pep- |
| ground | olives | per |
| $\frac{1}{3}$ C. chopped English | $\frac{1}{2}$ t. salt | $\frac{1}{2}$ C. seasoned salad |
| walnuts | 1 T. onion juice | dressing |

Mix thoroughly and serve in nest of lettuce.

SHRIMP SALAD

- | | | |
|---------------------|--------------------|--------------------|
| 2 C. shrimps | 1 C. chopped hard- | 1 t. chopped green |
| 1 C. chopped celery | boiled eggs | pepper |
| 1 C. oil mayonnaise | | |

Mix ingredients carefully, add dressing and serve on lettuce hearts.

CRAB MEAT SALAD

- | | | |
|------------------------|--------------------------------|--------------------------|
| 2 C. crab-meat | $\frac{1}{3}$ C. chopped hard- | 2 level T. pickle relish |
| 1 C. chopped celery | boiled eggs | 2 level T. pimentos |
| 1 C. chopped cucumbers | $\frac{1}{4}$ t. paprika | 1 C. oil mayonnaise |
| 1 t. salt | | |

Have all ingredients very cold, mix and serve at once.

JELLIED SHRIMP SALAD

- | | | |
|-----------------------------|----------------------|-----------------------------------|
| 2 T. gelatine | 1 t. salt | $\frac{1}{2}$ C. sugar |
| $\frac{1}{2}$ C. cold water | 1 C. canned peas | 2 C. celery chopped |
| 1 pt. boiling water | 1 C. shredded shrimp | fine |
| $\frac{1}{2}$ C. vinegar | juice of 1 lemon | $\frac{1}{4}$ C. pimento cut fine |

Soak gelatine in cold water, add vinegar, lemon juice, boiling water, salt, strain, and when beginning to set add remaining ingredients. Mold and chill in ice box, serve on crisp lettuce with oil mayonnaise. Serves 12.

A MEAL IN ONE SALAD

- | | | |
|-------------------|--------------------|-------------|
| 1 tomato | 5 radishes (small) | 2 sardines |
| 8 slices cucumber | 1 deviled egg | 2 anchovies |

Marinate the tomato in French dressing in a bowl that has been rubbed

with garlic. Chill cucumber and sprinkle with a little salt. Have all other ingredients chilled. Arrange on crisp lettuce hearts, and serve with French dressing and dessert spoon of mayonnaise. Serve with cheese wafers.

HORNS OF PLENTY

Roll thin slice of ham into a cornucopia, spread overlapping edges with butter, secure with toothpick. Fill with coleslaw, apple or potato salad. Arrange on platter, fill centers with hard-boiled eggs. Serve with olive or lettuce sandwiches.

FROZEN SALADS

FROZEN PINEAPPLE AND CHEESE SALAD

$\frac{1}{2}$ C. Philadelphia cheese, creamed	$\frac{1}{2}$ lb. marshmallows (cut up)	1 small can crushed pineapple
$\frac{1}{2}$ pt. cream, beaten stiff		$\frac{1}{4}$ C. salad dressing

Fold in above mixture, freeze in trays of refrigerator for several hours. Serve on crisp lettuce with mayonnaise.

FROZEN SALAD SURPRISE

$\frac{1}{2}$ C. mayonnaise	$\frac{1}{2}$ C. almonds	6 marshmallows cut
$\frac{1}{4}$ C. cream (whipped)	(blanched) and	in small pieces
$\frac{1}{2}$ C. crushed pineapple	chopped	1 C. ginger ale

Stir cream into mayonnaise, mix pineapple, almonds, and marshmallows, lightly stir mayonnaise into mixture, then pour in ginger ale last. Put into ice box drawers and freeze for 4 hours. Serve on crisp lettuce with mayonnaise. 10 servings.

TOMATOES STUFFED WITH FROZEN SALAD

6 large firm tomatoes	1 t. Worcestershire	$\frac{1}{2}$ t. onion juice
1 large cucumber (chopped)	sauce	$1\frac{1}{2}$ t. salt
1 green pepper (chopped, remove seeds)	2 t. gelatine soaked in	$\frac{1}{4}$ t. mustard
	$\frac{1}{4}$ C. water and dissolved over hot water	1 C. mayonnaise dressing

Cut a slice from top of tomatoes, scoop out pulp and cut in small pieces. Mix pulp, mayonnaise, and other ingredients with the seasonings and freeze this mixture from 2 to 4 hours. Stuff the chilled tomatoes with frozen mixture and serve on crisp lettuce heads with mayonnaise on top.

FROZEN FRUIT SALAD

1 orange	1 banana	1 small bottle maraschino cherries
2 large slices pineapple	$\frac{1}{2}$ C. almonds	1 C. fruit salad mayonnaise
$\frac{3}{4}$ C. Royal Anne cherries	(blanched and chopped)	

Remove rind and skin from orange and cut fine, also banana and pineapple. Remove seeds from cherries and cut in two, mix fruit, nuts well together, then add mayonnaise and whipped cream. Place in refrigerator

and freeze from 3 to 4 hours and serve on crisp lettuce with mayonnaise and whipped cream.

FROZEN CREAM CHEESE SALAD

- | | | |
|-----------------------------|--------------------------------------|----------------------|
| 1½ T. gelatine | | |
| 3 pkgs. cream cheese | ½ C. nut meats | ¼ C. cream (whipped) |
| ½ C. green pepper (chopped) | 1½ C. lemon lime carbonated beverage | ½ t. salt |
| ½ C. celery (chopped) | ¼ t. paprika | 1 t. lemon juice |

Soak gelatine in 2 T. cold water, and dissolve in ¼ C. boiling water, cool, add the lemon beverage and place in refrigerator and when beginning to set stir in the following mixture: cheese which has been creamed with fork and to which pepper, celery, nut meats, salt, and lemon juice have been added and all blended. Fold into this mixture the whipped cream and freeze until the salad is quite firm (about 4 hours). Serve on crisp lettuce with or without mayonnaise.

FROZEN VEGETABLE SALAD

- | | | |
|--------------|------------------------|---------------------------|
| 2 t. flour | ½ C. vinegar | ½ C. celery (diced) |
| 1 t. salt | 4 T. butter | ⅔ C. cucumber (diced) |
| ½ t. mustard | 1 cup chicken broth | ⅓ C. green pepper (diced) |
| 4 T. sugar | 1½ C. tomatoes (diced) | |
| 2 egg yolks | | |

Sift the dry ingredients, add the beaten egg yolks, stir in vinegar and cook in double boiler until mixture is thick, add butter and chicken broth and cool, pour into ice box trays and freeze 3 hours. In the meantime prepare the vegetables, drain the tomatoes, soak the celery, cucumbers, and pepper in salted water, then drain well, add to partly frozen dressing and return to freeze 1 hour longer. Slice and serve on crisp lettuce with oil mayonnaise. Serves 10.

FRUIT AND GINGER ALE SALAD FROZEN

- | | | |
|--------------------|-----------------------|---------------------------------|
| 1½ T. gelatine | 2 T. sugar | ¼ can pineapple (diced) |
| ¼ C. cold water | 1¼ C. ginger ale | ⅛ C. preserved ginger (chopped) |
| ¼ C. boiling water | ⅓ C. seedless raisins | |
| ¼ C. lemon juice | ¼ C. diced celery | |

Soften gelatine in cold water, mix boiling water, sugar, and heat to boiling point. Pour over gelatine, add lemon juice and ginger ale, chill, stirring occasionally. When mixture begins to thicken, add fruit, and turn into ice box trays and chill. Serve with mayonnaise. Serves 8.

FROZEN FRUIT SALAD

Mrs. A. H. Hagen

- | | | |
|--------------------------------|-----------------------|-----------------------|
| 2 C. salad dressing | 8 T. water | 2 C. broken pineapple |
| 2 C. whipped cream | 1 C. marshmallows | 1 C. white cherries |
| 1 envelope acidulated gelatine | 1 C. blanched almonds | 1 small can pears |

Add whipped cream to salad dressing, soften gelatine with water, melt over hot water and add to mixture. Cut marshmallows with scissors, shred almonds, and add to fruit. Serve on lettuce.

FROZEN LOBSTER SALAD

Mix 1 C. lobster meat with $\frac{1}{2}$ C. white sauce, $\frac{1}{2}$ C. white stock in which 1 T. gelatine has been soaked and dissolved, $\frac{1}{4}$ t. salt and a little nutmeg, let stand until cold. Add $\frac{3}{4}$ C. cream beaten stiff and mixed with $\frac{1}{2}$ C. mayonnaise. Add this to lobster mixture and freeze in refrigerator pan. Serve on crisp lettuce. Crab meat, salmon, or chicken may be used in place of lobster.

FROZEN COMBINATION SALAD

2 T. gelatine		2 slices pineapple
1 small cucumber (diced)	juice of 1 lemon	(diced)
	$\frac{1}{4}$ C. sugar	1 C. grapefruit
$\frac{1}{4}$ t. salt	1 pimento (chopped)	(fresh or canned)

Soften and dissolve gelatine, add fruit and vegetables, chill in refrigerator and unmold on bed of lettuce, garnish with mayonnaise.

FROZEN FRUIT SALAD

Etta M. Budd

$\frac{1}{2}$ C. mayonnaise		$\frac{1}{2}$ C. white cherries
$\frac{1}{2}$ C. boiled fruit dressing	$\frac{1}{2}$ t. grated lemon rind	$\frac{1}{2}$ C. diced pears
2 T. sugar	$\frac{1}{2}$ C. whipped cream	$\frac{1}{2}$ C. diced pineapple
		$\frac{1}{2}$ C. marshmallows

Mix mayonnaise, boiled dressing, sugar, and grated lemon rind. Whip cream and fold into the dressing, add fruit, place in tray and freeze. Serve on lettuce with whipped cream and salad dressing.

SWISS CLUB SALAD

$1\frac{1}{2}$ C. croutons		
6 large slices tomato	$\frac{1}{3}$ C. chopped stuffed olives	6 slices swiss cheese
mayonnaise		lettuce

Mix croutons, olives, mayonnaise. Place cheese on salad plate, then sliced tomato, heap with crouton mixture. Garnish with lettuce.

SALAD DRESSINGS

FRENCH DRESSING

4 T. vinegar		
8 T. oil	1 t. salt	pepper
1 t. sugar	1 t. paprika	shake well

VARIATIONS FOR FRENCH DRESSING

1. *Orange Dressing.*

To recipe for French dressing add $\frac{1}{2}$ C. orange pulp and a little salt. Serve with fruit salad.

2. *Cucumber Dressing*

To the recipe for French dressing add $\frac{1}{2}$ C. grated cucumber. Serve with green salad or salmon salad.

3. To recipe for French dressing add $\frac{1}{2}$ C. finely chopped beets, $\frac{1}{2}$ hard-boiled egg, chopped fine, $\frac{1}{2}$ t. chives, few drops of onion juice, 1 t. finely chopped parsley may be substituted for chives. Serve with endive or head lettuce.

DUTCH CREAM DRESSING

- | | | |
|------------------|------------------|-------------------------|
| 1 C. sour cream | | |
| 2 t. lemon juice | 1 scant T. sugar | $\frac{1}{4}$ t. pepper |
| 2 T. vinegar | 1 t. salt | 1 t. mustard |

Beat cream until thick, mix the other ingredients and gradually add the cream beating all the while.

ROQUEFORT CHEESE DRESSING

- | | | |
|-----------------------------------|------------------|--------------------------|
| $\frac{3}{4}$ C. Roquefort cheese | | $\frac{3}{4}$ t. paprika |
| $\frac{3}{4}$ T. olive oil | 6 T. lemon juice | $\frac{3}{4}$ t. salt |

Break cheese into small pieces and cream it, gradually add salt and paprika. Add lemon juice, mix thoroughly, add olive oil slowly, beat thick and creamy.

SALAD DRESSING

- | | | |
|-------------------|--------------------------|--------------|
| 4 large T. butter | $\frac{1}{4}$ t. paprika | 1 C. vinegar |
| 2 T. flour | 6 egg yolks or 6 | 1 t. mustard |
| 1 C. sweet milk | whole eggs | 1 T. salt |

Put butter, flour, and milk in double boiler and cook to a cream sauce, add eggs, salt, mustard, paprika, sugar, and vinegar, which have been beaten very light, add slowly, cook until smooth and creamy like custard, beat with egg beater until light. When ready to use add half the quantity of whipped cream. One may use sugar according to taste.

HORSE-RADISH DRESSING

- | | | |
|----------------------------|------------------|---------------------|
| 1 C. boiled salad dressing | 1 C. horseradish | 1 pt. whipped cream |
|----------------------------|------------------|---------------------|

MAYONNAISE FOR FRUIT SALAD

- | | | |
|------------------------|--------------------------------|--------------|
| 3 eggs well beaten | | |
| 1 T. mustard | 1 C. sweet milk | 2 T. flour |
| 1 t. salt | 1 C. white vinegar | red pepper |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ C. melted butter | black pepper |

Beat thoroughly before and after cooking, cook till coats spoon heavily. When cold add 1 C. whipped cream.

CUCUMBER SAUCE

- | | | |
|---------------------------------|-------------------|---------------------------------|
| $\frac{1}{2}$ C. whipping cream | | 2 T. vinegar |
| $\frac{1}{4}$ t. salt | few grains pepper | $\frac{1}{2}$ C. diced cucumber |

Add salt and pepper to stiffly beaten cream, then gradually add vinegar. Just before serving add the cucumber which has been drained over cheesecloth and chilled.

OIL SALAD DRESSING

Mrs. L. C. Tallman

- | | | |
|----------------|-------------------------|-------------------------|
| 2 egg yolks | 2 T. vinegar | $5\frac{1}{2}$ T. flour |
| 1 C. salad oil | 2 T. lemon juice | 1 C. cold water |
| 1 t. salt | $1\frac{1}{2}$ t. sugar | 1 T. butter |

Pour cream sauce boiling hot, over egg and oil mixture and beat with egg beater until thick. Makes 1 pt.

FRENCH DRESSING

1 C. sugar	1 t. salt	1 C. orange juice
1 oz. paprika	1 C. salad oil	juice of 1 lemon

Mix dry ingredients, add $\frac{1}{2}$ fruit juice.
Then add salad oil and remainder of fruit juice. Beat thoroughly.

FRENCH DRESSING

Mrs. H. D. Bergman

1 C. light salad oil	$\frac{1}{2}$ t. salt	$\frac{1}{3}$ C. catsup
$\frac{1}{4}$ C. vinegar	$\frac{1}{2}$ t. paprika	1 small onion grated
$\frac{1}{3}$ C. sugar		

RUSSIAN DRESSING

1 pt. oil dressing	1 green pepper chop-	$\frac{1}{2}$ C. chopped onion
15c jar sweet relish	ped fine	(very fine)
10c can pimento	1 t. A-1 sauce	paprika

Mix thoroughly.

BOILED SALAD DRESSING

$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. green pepper	7 egg yolks
1 t. salt	$\frac{1}{2}$ T. flour	1 C. vinegar
1 t. dry mustard		1 T. butter

Combine dry ingredients, add vinegar to well beaten eggs and add the dry ingredients, add butter, cook in double boiler, stirring often.

BUTTER CUP DRESSING

$\frac{1}{2}$ C. fruit juice (pine-apple)	$\frac{1}{2}$ C. sugar	2 eggs
1 T. lemon juice	$\frac{1}{4}$ t. salt	3 marshmallows (cut in small pieces)
	1 T. flour	

Heat fruit juice in double boiler, add dry ingredients which have been thoroughly mixed, cook until thick and add the hot mixture to the slightly beaten egg yolks (boiling point), remove from fire, add marshmallows and beat until smooth. When cool add egg whites which have been beaten stiff, use one part dressing to two parts whipped cream. Serve with fruit salad.

BOILED SALAD DRESSING

Mrs. O. E. Wasser

2 T. sugar	1 t. salt	$\frac{3}{4}$ C. vinegar
3 T. flour	3 eggs	2 C. milk
1 T. mustard		1 T. butter

Mix sugar, flour, mustard, salt, and beat into this the eggs one at a time. Add slowly and beat into mixture $\frac{3}{4}$ C. vinegar, sweet milk, and butter, cook in a double boiler, stirring all the time till thick. Remove and beat well. Will keep indefinitely.

FRENCH DRESSING

$\frac{1}{4}$ t. salt	$\frac{1}{3}$ C. salad oil	2 T. vinegar
$\frac{1}{8}$ t. paprika		

Put all ingredients in bottle and shake well, may keep in ice box. French dressing may be varied by the addition of onion juice, chopped

olives, chili sauce, catsup, Roquefort cheese, and hard-cooked eggs, chopped.

MAYONNAISE DRESSING

Mrs. Frank S. Edge

1 doz. egg yolks	$\frac{3}{4}$ C. flour	little pepper
2 C. water	1 t. mustard	1 C. vinegar diluted
1 C. sugar	1 t. salt	half

Beat eggs and water together, mix sugar, flour, salt, pepper, and mustard well, add to eggs and water slowly, beat until smooth, then add vinegar. Makes 1 qt. thick dressing. Add whipping cream when used.

MAYONNAISE

Mrs. E. J. Engeldinger

2 egg yolks		
1 generous t. mustard	2 T. lemon juice or	$\frac{1}{8}$ t. paprika
1 generous t. salt	vinegar or 1 of each	1 C. salad oil

Do not stir above mixture. Make a cream sauce of:

1 T. butter	$\frac{1}{3}$ C. flour	1 C. water
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Pour cream sauce as soon as finished into above mixture and beat rapidly with egg beater.

SALAD DRESSING

Put into a bowl:

1 C. salad oil	2 T. lemon juice	1 t. salt
2 T. vinegar	2 egg yolks	1 T. sugar

Cook over the fire:

$\frac{1}{3}$ C. flour	1 C. cold water	2 T. butter
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While hot pour into bowl of other ingredients and beat until smooth and thick, add 2 or 3 t. of prepared mustard.

SALAD DRESSING

Mrs. Paxton

$\frac{1}{2}$ C. sugar		1 t. salt
$\frac{1}{2}$ C. vinegar	chopped onion, celery,	paprika
2 T. olive oil	pickle, and green	1 t. Worcestershire
5 drops Tabasco	pepper	sauce

CREAM SALAD DRESSING

Mrs. J. B. Davidson

For lettuce, cabbage, or cucumbers: Mix together $\frac{1}{2}$ t. salt, $\frac{1}{2}$ t. mustard, and 1 t. sugar, add 1 or 2 t. vinegar, 1 T. heavy cream. Sour cream may be used. Beat till smooth.

THOUSAND ISLAND DRESSING

Take 1 T. each chopped dill pickles, green olives, chives, or green onion tops, pimento, 2 T. chopped hard-boiled egg, 4 T. chili sauce, mix thoroughly with one pt. mayonnaise and salt to taste. If you like it tart, thin with lemon juice. Keep in a cool place.

HOT PUDDINGS and PUDDING SAUCES

"The proof of the pudding is the eating thereof."

APPLE CRISP

Mrs. W. F. Coover

8 apples sliced (1 qt.)	$\frac{1}{2}$ C. water	$\frac{3}{4}$ C. flour
1 t. cinnamon	1 C. sugar	4 T. butter

Butter baking dish, fill with apples, cinnamon, and water, mix remaining ingredients thoroughly, spread over apples and bake. Serve with cream.

APPLE ROLL

Mrs. J. E. Speck

Take any good biscuit dough and roll $\frac{1}{2}$ inch thick, spread butter on thinly, slice apples thickly over dough, mix 1 t. cinnamon with 1 C. sugar and sprinkle over apples. Roll as for cinnamon roll, pinch edges together, place in long baking dish, pour over it a syrup made from 1 C. sugar and 2 C. hot water, bake until apples are tender. Serve with cream. May be baked as individual apple dumplings.

BIRD'S NEST PUDDING

Practical Housekeeping

Pare, core without quartering enough quick-cooking tart apples to fill a pudding pan, make a custard of 1 qt. milk and yolks of 6 eggs, spice, pour over apples, and bake. When done, use whites beaten with 6 T. white sugar, spread on the custard, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding custard.

APPLE AMBER

Mrs. R. T. Jeffrey

Slice apples in a buttered baking dish with sugar, bits of butter, and cinnamon drops in between and on top, bake until apples are done, then lay marshmallows on top to cover good and return to oven to brown.

APPLE BATTER PUDDING

Mrs. Mary B. Welch

Pare, core, and slice 8 apples, put in a pudding dish, sprinkle well with sugar and cinnamon. Beat the yolks of 2 eggs light, add 1 C. flour and 1 rounded t. BP. sifted together, 1 C. milk, 1 T. butter, $\frac{1}{2}$ t. salt, and the beaten whites of the eggs. Pour this over the apples and bake until the apples are tender. 1 C. sour cream with $\frac{1}{2}$ t. soda may be used in the place of milk and butter in the above.

BROWN BETTY

Mrs. Mary B. Welch

Butter and strew thickly with fine bread crumbs a deep pie dish, fill with alternate layers of sliced sour apples seasoned with sugar, bits of

butter, either cinnamon or nutmeg, and bread crumbs. Have the top layer of bread crumbs stuck with lumps of butter, pour over the whole a few T. of cold water, press a plate over top and keep covered while baking. Bake $\frac{3}{4}$ hour. Eat with sweet cream.

SCALLOPED APPLES WITH CHEESE

2 C. bread crumbs		$\frac{1}{4}$ t. cinnamon
3 T. cheese	$\frac{1}{4}$ C. water	$\frac{1}{2}$ t. lemon juice
3 C. sliced apples	$\frac{1}{2}$ C. sugar	1 t. nutmeg

Mix sugar, spices, crumbs, and cheese, put alternate layers of apples and batter in buttered baking dish, add water, and cover with crumbs. Bake in moderate oven.

APPLE DELIGHT

The New Butterick Cook Book

5 tart apples		cinnamon
$\frac{1}{2}$ t. butter	$\frac{1}{2}$ C. sugar	2 eggs

This is a very delicious dish to serve with broiled spareribs or roast pork. Cook apples until soft, then mash them and add butter, sugar, eggs, and spice. Bake in shallow pudding dish until brown.

PEACH COBBLER

Mrs. R. L. Cochran

1 egg (beaten)		$1\frac{1}{2}$ C. pastry flour
1 C. sugar	$\frac{1}{2}$ t. salt	1 t. BP.
3 T. fat (heaping)	$\frac{1}{2}$ C. milk	8 to 10 peaches

Add sugar to egg and beat until creamy, add fat and beat until blended, add dry ingredients sifted together alternately with the milk. In baking dish, put peaches, peeled and quartered, sprinkle with sugar to suit taste, pour batter over this, bake in moderate oven 1 hour. Serve hot with plain or whipped cream. Serves 8.

APRICOT PUDDING

Mrs. Don W. Atkinson

1 C. flour		2 T. sugar
1 t. BP.	2 eggs beaten separately	2 T. melted butter
$\frac{1}{2}$ t. salt (scant)		$\frac{1}{2}$ C. milk (scant)

Put flour, salt and BP. in sieve, beat yolks and sugar together, add butter, milk, then flour, and whites of eggs last. Butter molds or cups, drop in batter, then a half apricot, then more batter and steam 20 minutes. Makes 7 cups.

APRICOT OR CHERRY COBBLER

E. J. Brown

1 pt. can fruit		$\frac{1}{3}$ t. salt
1 T. flour	$\frac{1}{3}$ C. milk	$\frac{1}{2}$ C. juice drained
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ t. vanilla	from apricots or
2 T. butter	1 C. flour	cherries
1 egg	2 t. BP.	$\frac{1}{3}$ C. sugar

Place drained fruit in baking dish with T. flour and cinnamon, cover with dough made of flour, BP., and salt, sifted, butter well worked in,

egg beaten with milk and added. When cobbler has baked 15 minutes, add sauce made by cooking juice and sugar together 3 minutes, bake 10 minutes more.

CHERRY PUDDING

Dora O'Berg

1 C. sugar	1 C. sweet milk	flour to make stiff
butter size of an egg	2 t. BP.	batter

Pour in baking dish $1\frac{1}{2}$ C. drained cherries, 1 C. sugar, small piece of butter, $1\frac{1}{2}$ C. water (boiling), mix and pour over top of batter, bake $\frac{3}{4}$ hour.

CHERRY PUDDING

2 eggs		$\frac{1}{4}$ t. salt
2 C. flour	2 T. butter	1 pt. seeded cherries
$\frac{3}{4}$ C. sugar	3 t. BP.	$\frac{2}{3}$ C. milk

Mix like cake, bake in loaf, serve with cream. May be baked in cake pan or steamed in pudding mold. Serve with cream or cherry sauce.

CHERRY PUDDING

P. Mabel Nelson

1 C. sour cherries	1 C. sugar	
Let stand together while batter is prepared as follows:		
$\frac{1}{2}$ C. sugar	1 t. BP.	pinch of salt
1 scant t. butter	$\frac{1}{2}$ C. milk	1 C. flour

Pour batter in buttered baking dish, add cherries and sugar, pour on top of this 1 C. boiling water, place in hot oven and when it starts to bake lower fire and bake slowly until done (40 minutes). Serve with its own juice for sauce or with whipped cream. Serves 6 people.

STEAMED CUP PUDDINGS

Mrs. E. E. Sowers

4 T. sugar		
1 T. butter, melted	1 egg, well beaten	$\frac{1}{2}$ t. BP.
$\frac{1}{3}$ C. milk	$\frac{1}{2}$ C. flour	$\frac{1}{2}$ t. flavoring

Fill individual molds half full, steam about 25 minutes. Serve hot with any preferred sauce. Serves 6. Raisins, currants, cocoanut, spice, or 1 t. cocoa may be used if desired to vary the recipe for the batter.

COTTAGE PUDDING

Mrs. Jos. H. Ainsworth

Cream $\frac{1}{4}$ C. butter, add $\frac{1}{2}$ C. sugar, 1 well-beaten egg and alternately, $\frac{1}{2}$ C. milk, $1\frac{1}{2}$ C. flour, sifted with $2\frac{1}{2}$ t. of BP. Bake and cut into squares.

COTTAGE PUDDING

Mrs. E. E. Little

2 eggs	$1\frac{1}{2}$ C. flour	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ C. sugar	1 T. butter	2 t. BP.

Combine ingredients. Bake in shallow pan. Cut in squares and serve with lemon juice.

INDIAN PUDDING

*Mrs. E. E. Sowers**Taken from the Intelligencer Cook Book, issued in 1878, Ames, Iowa*

Into a quart of boiling milk stir enough Indian meal (about 4 T.) to make a batter, add 1 t. butter white hot. When cool add 4 well beaten eggs, 1 t. ginger, 1 t. salt and $\frac{1}{2}$ C. molasses, mix well, pour into a buttered earthenware dish and bake 3 hours in a slow oven. Serve plain or with cream and sugar.

RASPBERRY PUDDING

 $\frac{1}{3}$ C. sugar

1 T. butter

1 C. milk

2 t. BP.

few grains salt

 $1\frac{1}{2}$ C. raspberries

flour

Combine ingredients, using enough flour to make a stiff batter, put in steam cups, adding a few berries to each cup and steam 25 minutes. Serve with raspberry sauce.

STRAWBERRY ROLY POLY

 $1\frac{1}{2}$ C. flour $\frac{1}{4}$ t. salt

3 t. BP.

Sift dry materials together and add:

3 T. lard or butter

 $\frac{1}{2}$ C. milk

Mix and roll out, $\frac{1}{2}$ inch thick, spread with 1 C. thick strawberry jam, roll as for jelly roll. Bake 25 minutes, slice and serve with lemon sauce.

PINEAPPLE PUDDING

Mrs. W. H. Root $\frac{1}{3}$ C. fat

1 C. sugar

 $\frac{1}{8}$ t. salt $\frac{2}{3}$ C. water

2 C. flour

3 t. BP.

1 egg

1 t. lemon extract

 $\frac{1}{2}$ C. finely chopped pineapple

Mix the fat, sugar and egg, add all the rest of the ingredients and beat well, bake in a moderate oven for 15 minutes. Cut in squares and surround with pineapple sauce.

ANGEL FRUIT PUDDING

Mrs. Don W. Atkinson

1 C. dates

1 C. nuts

3 eggs

3 T. flour

2 t. BP.

Chop dates and nuts and add beaten yolks, stir flour and BP. into the beaten whites of eggs, mix the two together. Steam $\frac{3}{4}$ hour. Serve hot or cold with whipped cream.

STEAMED DATE PUDDING

2 pkg. dates

1 lb. walnut meats

dredge with 1 T. flour

4 eggs

1 C. flour

1 C. sugar

1 t. salt

2 t. BP.

Beat egg yolks, add to milk, beat in rest of mixture, add egg whites stiffly beaten, turn into buttered mold and steam 3 hours.

DATE PUDDING

Mrs. W. H. Stevenson

Melt 3 T. butter, add $\frac{1}{2}$ C. molasses and $\frac{1}{2}$ C. milk, mix $1\frac{2}{3}$ C. flour,

$\frac{1}{2}$ t. soda, $\frac{1}{4}$ t. each salt, cloves, allspice, and nutmeg, add to first mixture, then add $\frac{1}{2}$ lb. cut dates, steam in buttered molds, $2\frac{1}{2}$ hours. Serve with whipped cream.

DATE PUDDING

Mrs. F. N. Beam

1 lb. dates, pitted and chopped	2 eggs beaten sepa- rately, add whites last	2 T. flour 1 C. sugar $\frac{1}{2}$ C. sweet milk
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1 C. English walnuts
1 level t. BP.
Bake in a slow oven 45 minutes.

GRAHAM DATE PUDDING

$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ t. lemon extract	1 C. dates
1 C. graham flour	$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. nuts

$\frac{1}{2}$ C. boiling water
Mix sugar, salt, and flour, add boiling water, bake 40 minutes. Serve with lemon or orange juice.

RAISIN PUFFS

Mrs. Waters and Mrs. P. F. Houghan

2 T. sugar	1 C. milk	3 T. BP.
2 eggs	2 C. flour	1 C. raisins chopped fine

$\frac{1}{2}$ C. butter
Steam $\frac{1}{2}$ hour in small cups. Serve with lemon sauce.

GRAHAM CRACKER PUDDING

Mrs. T. J. Maney

Use graham cracker crumbs to line a well-buttered pie dish $\frac{1}{4}$ in. thick, spread a thick filling of apple sauce over the crumbs, dot plentifully with butter, cover with more crumbs, place in oven just long enough to brown. Serve with whipped cream.

CHOCOLATE PUFF PUDDING

Mrs. C. H. Anthony

$\frac{1}{2}$ C. sugar	1 t. BP.	1 egg
$\frac{1}{2}$ C. milk	1 sq. chocolate melt- ed	pinch of salt
2 T. butter		1 C. dates
1 C. flour		$\frac{1}{2}$ C. nut meats

Bake in individual molds.

STEAMED CHOCOLATE PUDDING

Mrs. J. H. Ames

3 T. butter	1 C. milk	$2\frac{1}{2}$ sq. unsweetened chocolate
$\frac{2}{3}$ C. sugar	$2\frac{1}{4}$ C. flour	$\frac{1}{4}$ t. salt
1 egg	$4\frac{1}{2}$ t. BP.	

Cream butter, add sugar gradually, and egg well beaten, mix and sift flour, BP., and salt and add alternately with milk, then melted chocolate, steam in buttered mold 2 hours. Serve with cream sauce.

SPICE PUDDING

Mrs. A. H. Munn

- | | | |
|-----------------------|---------------------|-------------------|
| 1 C. sugar | 1 t. each cinnamon, | 2 C. bread crumbs |
| butter size of walnut | nutmeg and cloves | 1 C. flour |
| 1 C. raisins | 1 C. milk or cream | 2 t. BP. |
- Bake in loaf in moderate oven.

GINGER PUDDING

Mrs. F. N. Beam

- | | | |
|-----------------|-------------------|-----------------|
| 1 egg | | 1/2 T. cinnamon |
| 1 C. molasses | 2 1/2 C. flour | 1/4 t. cloves |
| 1 C. sweet milk | 1 level t. ginger | 1 t. soda |
- Mix dry ingredients, then add molasses, milk, and eggs, steam 3 hours.

QUEEN OF PUDDINGS

Edna Brown

- | | | |
|-------------------|--------------|-------------|
| 1 qt. milk | 1 T. butter | 1/2 t. salt |
| 2 C. bread crumbs | 1/2 C. sugar | flavoring |
| 4 egg yolks | | |
- Beat yolks of eggs, add sugar, butter, milk, crumbs, and flavoring, put in greased dish, place dish in hot water and bake until set. Spread with jelly, cover with meringue and flavoring. Brown in oven.
- Mrs. L. C. Tilden adds the grated rind of 1 lemon to the above pudding and the juice of 1 lemon to the meringue.

RICE PUDDING

Mrs. Quincy C. Ayres

- | | | |
|----------------------|--------------|--------------|
| 1 1/2 C. cooked rice | 4 eggs yolks | 1 T. butter |
| 2 C. sweet milk | 1/3 C. sugar | 1 t. vanilla |
- Beat yolks, add sugar, then milk, vanilla, rice, and butter, set in pan of water and bake like custard, remove from oven and cover with meringue made of 4 egg whites and 2/3 C. sugar. Brown in slow oven.

RICE PUDDING

*Mrs. E. E. Sowers**Taken from the Intelligencer Cook Book, issued 1878, Ames, Iowa*

- | | | |
|------------|---------------|-----------------------|
| 1 C. rice | | 1 qt. milk |
| 1 C. sugar | 1 t. cinnamon | raisins if you please |
- Soak rice 3 or 4 hours, add remaining ingredients, bake slowly 1 1/2 hours, stirring frequently. Serve with butter and sugar or cream and sugar or hard sauce. Serve hot or cold.

GRAPE NUT PUDDING

From Wholesome Desserts — I. S. C.

- | | | |
|-------------------|-------------|----------------|
| 2 C. milk | | |
| 1/2 C. grape nuts | 4 T. sugar | 1/4 t. vanilla |
| 1 egg | 1/4 t. salt | 1/2 T. butter |
- Scald milk, pour over grape nuts, let stand 10 minutes, beat egg and sugar together, stir in grape nuts, salt, butter, and vanilla, bake in slow oven 40 minutes. Serve warm with cream.

PLUM PUDDING

Mrs. C. F. Kooser

2 C. flour	1/2 t. salt	1/2 candied citron or watermelon
1/2 t. nutmeg	1 C. milk	1/2 t. cloves
1 C. finely chopped suet	1/4 t. soda	1/2 C. English walnut meats
1 C. bread crumbs	2 well beaten eggs	1/2 t. allspice
1/2 C. sugar	2 t. BP.	
1 C. molasses	1 C. raisins	

Sift dry ingredients, reserving 1/2 C. flour in which to flour the fruit and nuts before adding them, add other ingredients, mix well and pour into buttered pudding mold, filling it not over half full, cover tightly and steam 2 1/2 hours. If small 1/4 lb. molds are used, steam 1 1/4 hours. Serve with hard sauce.

CHRISTMAS STEAMED PUDDING

Mrs. W. S. Grove

1 1/4 C. nut meats		2 C. flour
1 C. chopped figs	1 t. orange peel	1 C. sour milk
2 C. bread crumbs	1 t. lemon peel	1 t. cinnamon
1 C. suet	1 t. citron	1/4 t. salt
1 C. sugar	1 C. seeded raisins	4 eggs
1/2 t. cloves	1 C. currants	1 t. soda

Mix well, steam 3 hours. Serve with a hard sauce or vanilla sauce.

CHRISTMAS PUDDING

Mrs. F. N. Beam

1/2 lb. raw suet, ground,	1 t. soda dissolved in 1 T. water,	add to 1 C. molasses, add to suet.
1 C. sour milk	1/2 t. salt	1/2 t. nutmeg
3 C. flour	1/2 lb. currants	1 t. cinnamon
		1/2 lb. raisins

Steam 3 hours. Serve with hard sauce.

PLUM PUDDING

Mrs. H. W. Warner

1 lb. suet, chopped		1 glass currant jelly
1 lb. raisins	1/4 lb. brown sugar	10 eggs
1 lb. currants	1 1/4 C. bread flour	1/2 C. fruit juice or vinegar
1/2 lb. citron	2 t. cinnamon	1/4 lb. almonds, blanched
1/4 lb. lemon rind	1/2 t. nutmeg	
1/4 lb. orange rind	1 1/2 t. soda	
2 t. salt	1 1/2 t. mace	

Mix well and steam in covered molds 3 hours.

SUET PUDDING

Mrs. Walter Morris

Chop fine 1 C. suet, and 1 C. stoned raisins, add:

1 C. molasses		
1 C. sour milk	2 1/2 C. flour	1/2 t. cloves
2 t. soda	1 t. cinnamon	salt

Steam 2 to 3 hours in angel food cake pan, covered.

SUET PUDDING

Mrs. Don W. Atkinson

- | | | |
|-------------------------|---------------------|---------------------|
| 1 C. sour milk | | |
| 1 C. suet, chopped fine | 1/2 C. chopped nuts | 1 t. cinnamon, all- |
| 1 C. molasses | 3 C. flour | spice, nutmeg |
| 1 C. raisins | 1 t. soda | 1 t. salt |

Steam 2 hours. Serve with lemon or hard sauce.

SUET PUDDING

Mrs. J. H. Ames

- | | | |
|-------------------------|---------------|---------------|
| 2 1/2 C. flour | 1/2 t. salt | 1 C. raisins |
| 1 t. soda | 1 t. cinnamon | 1 C. milk |
| 1 C. suet, chopped fine | 1/2 t. nutmeg | 1 C. molasses |

Nuts, currants, or any other fruit may be added. Steam 3 hours. Serve with yellow sauce.

SUET PUDDING

Mrs. Dena Maytag

- | | | |
|-----------------|-----------------|---------------|
| 1 C. sour milk | | |
| 1/2 t. soda, or | 1 C. molasses | 1 t. cinnamon |
| 1 C. sweet milk | 1 egg | 1 t. cloves |
| 2 t. BP. | 1 C. raisins | 1/2 t. salt |
| 1 C. suet | 1/2 C. currants | 3 C. flour |

Grind suet, add liquids and beaten egg, sift dry ingredients and add raisins and currants, add this to liquids and steam 3 hours. Serve with hard sauce.

ENGLISH PLUM PUDDING

Mrs. H. D. Bergman

- | | | |
|----------------------|---------------------|------------------------|
| 1 1/2 C. brown sugar | | |
| 1 1/2 C. New Orleans | 4 eggs, well beaten | 2 lb. English currants |
| molasses | 1 T. cinnamon | 1 lb. cut dates |
| 1 C. sweet milk | 1 T. cloves | 2 lb. seeded raisins |
| 1 C. butter | 1 T. nutmeg | 1/2 lb. citron |
| 4 1/2 C. flour | 3 T. BP. | 1/2 lb. figs |

Bake in slow oven 3 or 4 hours according to size of loaves. Keep in stone jar, covered. Will keep a year if desired. Cut in slices and steam a few minutes before serving. Serve with any preferred sauce.

FRUIT DUMPLING

Mrs. J. P. Reid

- | | | |
|-------------------------|--------------------|-------------------|
| 2 C. suet, chopped very | | 1 1/2 t. cinnamon |
| fine | 2 C. currants | 1/4 t. salt |
| 2 C. rolled bread | 2 well beaten eggs | 2 C. sour milk or |
| crumbs | 3 C. flour | buttermilk |
| 1/2 t. soda | 2 C. sugar | 2 C. raisins |

Mix suet thoroughly with flour, then add bread crumbs, sugar, salt, currants, and raisins, mix well, then add eggs and sour milk in which soda has been dissolved, mix thoroughly and put in a cloth which has been wet in cold water, tie, giving ample room for dumpling to swell. Steam 4 hours. Serve with lemon sauce.

CARROT PUDDING

Mrs. Geo. Hultz

1½ C. flour	1 C. ground suet	1 C. currants
1 C. grated carrot	1 C. granulated sugar	1 t. cinnamon
1 C. grated potato	1 t. soda dissolved in	1 t. nutmeg
1 C. raisins	1 T. hot water	1 t. salt

Steam 2 hours and serve with sauce.

SAUCES

PUDDING SAUCE

Mrs. Jos. H. Ainsworth

½ C. boiling water	2 T. vinegar	1 C. sugar
1 T. flour	1 T. butter	½ t. nutmeg

Instead of vinegar, lemon juice may be used or chopped preserved ginger added to the sauce.

LEMON SAUCE

Mrs. E. E. Little

Sift together ⅓ C. sugar, 1 T. flour or corn starch, add to it 1 C. boiling water, cook and stir until thickened, add 1 T. butter, the grated rind and juice of 1 lemon.

PLAIN SAUCE

Mrs. A. H. Munn

1½ C. sugar		2 T. flour
2 C. boiling water	butter size of walnut	vanilla

LEMON SAUCE

⅓ C. butter	1 C. sugar	3 egg yolks
⅓ C. boiling water	3 T. lemon juice	grating lemon rind

Cream butter and sugar, add eggs and water, cook until thick.

ORANGE SAUCE

Mrs. A. T. Erwin

1 C. brown sugar		
½ C. butter	1 egg	orange juice to flavor

Beat well and simmer over hot water ½ hour.

SAUCE

1 C. sugar	½ C. butter	2 eggs
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Beat together and flavor with vanilla.

PUDDING SAUCE

Mrs. C. A. Burge

2 eggs		½ C. butter
2 C. powdered sugar	juice of ½ lemon	1 t. vanilla

Cream butter and sugar, add well beaten eggs, lemon juice and vanilla. Use on steamed pudding.

PUDDING SAUCE

2 eggs
 2 C. powdered sugar 2 T. butter 1 C. whipping cream
 Cream butter and sugar, add eggs, add whipped cream.

CREAM SAUCE

Mrs. J. H. Ames

Mix thoroughly 1 T. butter with 2 C. pulverized sugar, add 2 well beaten eggs, $\frac{1}{2}$ pt. whipping cream, whipped, and flavoring as desired.

PUDDING SAUCE

Mrs. Harry Brown

$\frac{1}{2}$ C. butter		$\frac{1}{4}$ C. boiling water
1 C. powdered sugar	1 egg white	2 T. flavoring
	or	
$\frac{1}{2}$ C. powdered sugar	2 eggs, beat till light	$\frac{1}{4}$ C. whipped cream

YELLOW SAUCE

1 egg yolk		1 T. cold water
1 C. powdered sugar	$\frac{1}{2}$ C. melted butter	1 t. vanilla

Stir together and heat thoroughly (do not cook).

FAIRY BUTTER

Mrs. Mary B. Welch

1 T. butter 3 T. powdered sugar 1 lemon
 Stir butter and sugar together until very light, cover top over with the grated rind and squeeze over the whole the lemon juice.

CUP PUDDING SAUCE

Mrs. E. E. Sowers

$\frac{1}{2}$ C. sugar	1 T. cornstarch	$\frac{1}{4}$ t. salt
1 T. butter	$\frac{1}{2}$ t. flavoring	1 C. boiling water

Cook until it thickens. Tart fruit juice, $\frac{1}{2}$ glass currant jelly, or 1 T. cocoa may be used to vary the sauce if desired.

PUDDING SAUCE

2 eggs
 2 C. powdered sugar 2 T. butter 1 C. whipping cream
 Cream butter and sugar, add eggs and cream.

HARD SAUCE

Mrs. F. N. Beam

1 C. sifted powdered sugar	$\frac{1}{2}$ C. creamed butter	$\frac{1}{2}$ t. lemon extract
	$\frac{2}{3}$ t. vanilla	4 T. boiling water

Beat all, 1 egg white beaten, add lastly.

HARD SAUCE

The New Butterick Cook Book

$\frac{1}{3}$ C. butter	1 C. powdered sugar	1 t. vanilla
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Cream butter until very soft, then add sugar and flavoring, set in

cool place until required. A grated lemon rind, or powdered cinnamon may be used for seasoning. Granulated sugar, brown sugar, or maple sugar may be substituted in place of the powdered sugar.

CHERRY SAUCE

1 C. sugar		1 C. cherries
1 T. flour	1 C. cherry juice	1 C. water
$\frac{1}{2}$ t. salt	1 T. butter	1 t. lemon extract

PLUM PUDDING SAUCE

Mrs. Walter Morris

2 eggs	2 T. cornstarch	1 pt. boiling water
1 C. sugar	2 T. (scant) butter	juice of 1 lemon

Boil until thick, not pasty.

PLUM PUDDING SAUCE

Mrs. S. H. Thompson

1 C. brown sugar		
$\frac{1}{2}$ C. butter	2 egg yolks	1 C. whipped cream

Melt in double boiler, then add while hot the beaten yolks of 1 or 2 eggs, cool, add whipped cream when ready to serve. Serves 2.

PINEAPPLE SAUCE

Mrs. W. H. Root

1 C. sugar	2 C. pineapple	$\frac{1}{2}$ C. finely chopped
2 T. flour	juice or water	pineapple
$\frac{1}{4}$ t. salt	1 t. lemon extract	1 egg, well beaten

Mix the sugar, flour, and salt, blend well and add the pineapple juice and cook slowly, until creamy, stir well during the cooking, add all the rest of the ingredients, cook 1 minute, stirring constantly. Serve at once on pudding.

APRICOT SAUCE

Mrs. Don W. Atkinson

1 C. sugar		$\frac{1}{2}$ C. water
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Boil together for 5 minutes, add syrup drained off apricots (1 C.), add 1 t. butter, 1 T. cornstarch (dissolved), remove from stove, add juice from $\frac{1}{2}$ lemon and a pinch of salt.

RASPBERRY SAUCE

1 C. powdered sugar	2 C. raspberries	4 T. butter
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Strawberries may also be used.

COLD DESSERTS

"The smile of the hostess is the cream of the feast."

CUSTARDS

Custards are divided into two classes, the firm custards, which are steamed or baked, and the soft custards, which are made in the top of the double boiler. As custards contain a large proportion of egg, the need of cooking at a temperature lower than boiling is to be emphasized.

Custards form excellent desserts for children.

BAKED OR STEAMED CUSTARDS

1 or 2 eggs or 1 egg	1 C. milk	$\frac{1}{4}$ t. salt
and 1 egg yolk	2 T. sugar	$\frac{1}{4}$ t. flavoring

Scald milk in double boiler, beat eggs slightly, add sugar and salt, add milk and flavoring, wet individual molds and fill $\frac{2}{3}$ full of custard mixture, set molds in a pan of hot water and bake in a moderate (350°) oven until firm. Test by inserting point of knife. It should come out clean if custard is done. These molds may be placed in the top of a steamer to cook. In the latter case the molds should be covered to keep out the moisture.

SOFT CUSTARDS

1 C. milk		$\frac{1}{4}$ t. salt
1 egg or 2 egg yolks	2 T. sugar	$\frac{1}{4}$ to $\frac{1}{2}$ t. flavoring

Scald milk in the top of the double boiler, beat eggs slightly, adding sugar and salt, pour milk over egg mixture gradually, return to double boiler and cook until it thickens. A soft custard is done when it coats a spoon and at the same time becomes thicker.

VARIATIONS FOR BAKED CUSTARDS

Caramel Custard. Use the recipe for baked custards and caramelize the sugar in a sauce pan, adding the milk when syrup is golden brown, then pour over the beaten egg gradually.

Chocolate Custard. Use the foundation recipe for baked custard, first melting $\frac{1}{2}$ oz. of chocolate in double boiler before putting in milk. Proceed as for the above recipe.

Cocoanut Custard. To the foundation recipe for baked custard add $\frac{1}{2}$ C. shredded cocoanut.

VARIATIONS FOR SOFT CUSTARDS

Cake Custard. Pour soft custard over sliced sponge cake, or lady fingers just before serving. Garnish with whipped cream and a bit of jelly.

Fruit Custard. Pour soft custard over sliced peaches, bananas, oranges or other fruits. Serve very cold. This kind of custard is more attractive if arranged in individual dishes for serving.

Reprinted from *Foods and Cookery*, a handbook, by the Iowa Homemaker.

BAKED CUSTARD

1 qt. milk
4 beaten eggs

few grains salt

3 T. sugar
1 t. flavoring

FLOATING ISLAND

Taken from cook book 1878, issued by "The Ames Intelligencer," John Watts, Editor

Beat the yolks of 3 eggs until very light, sweeten and flavor to taste, stir into qt. boiling milk, cook until it thickens. When cool, pour into a low glass dish. Whip white of eggs to stiff froth, sweeten and place over a dish of boiling water to cook, take a tablespoon and drop the whites on top of the custard, far enough apart so that "the little white islands" will not touch each other. By dropping little specks of bright jelly on each island, a pleasing effect will be produced.

FLOATING ISLAND

1 qt. milk
5 eggs

Mrs. Bessie Brintnall

1 t. cornstarch

$\frac{1}{2}$ C. sugar
 $\frac{1}{4}$ t. salt

Scald milk in double boiler, beat 3 eggs and 2 yolks slightly, add sugar, salt and cornstarch dissolved in a little cold milk, return to double boiler and cook until it thickens. Beat 2 egg whites until stiff and gradually add 2 T. sugar and beat well, place custard in a pan or pudding dish and drop the meringue on the top by spoonfuls and brown in a slow oven, care being taken not to cook the custard. Serves 10.

FLOATING ISLAND

Mrs. S. R. Stowell, Mrs. E. S. Jacobson

1 qt. milk
4 eggs

4 T. sugar

2 T. cornstarch
vanilla

Scald milk, separate eggs, beat egg yolks a little, add sugar, cornstarch, and dash salt. Beat light, stir into scalded milk and let thicken. Do NOT BOIL. Beat whites until light, add 3 T. sugar for meringue, brown.

BLANC MANGE FLUFF

2 T. cornstarch
 $\frac{1}{2}$ C. sugar

Mrs. E. E. Sowers

1 pt. milk

$\frac{1}{8}$ t. salt
3 egg whites

Heat milk, sugar, and salt to boiling point in double boiler, add cornstarch dissolved in a little cold milk, cook until thick, then add whites beaten stiff. Beat until smooth. Pour into mold to cool.

$\frac{1}{2}$ C. sugar
1 pt. milk

Yellow Part

$\frac{1}{8}$ t. salt

3 egg yolks
1 t. vanilla

Heat milk, sugar, and salt in double boiler to boiling point, then add well-beaten egg yolks and vanilla, cook until it coats spoon. If cooked too long, it will curdle. Cool and pour over white part when ready to serve.

MAPLE PUDDING

2 C. light brown sugar
3 C. water

4 t. cornstarch

dissolved in $\frac{1}{2}$ C.
water

Cook in double boiler until mixture begins to thicken, then add chopped dates and nuts and serve with whipped cream.

ZWIEBACK PUDDING

- | | | |
|-----------------|--------------------|-----------------|
| 1 pkg. zwieback | | |
| 1/2 C. butter | 1/2 C. cocoanut or | 2 T. cornstarch |
| 1/2 C. sugar | chopped almonds | 1 1/2 pt. milk |
| 4 eggs | 1/2 C. sugar | 1 t. vanilla |

Roll the zwieback and set aside 1 C. To remainder add 1/2 C. of butter, sugar, and cocoanut or almonds, mix well and press firmly into the bottom of a 9x9 deep cake tin, bake in a moderate oven 10 minutes. While this is baking, beat 4 egg yolks, add 1/2 C. sugar, cornstarch moistened with a little cold milk. When the remainder of the milk has reached the boiling point add egg mixture and cook until thick. Flavor with vanilla. Spread this over the first layer in the pan. Beat 4 egg whites and gradually beat in 1/2 C. sugar, spread this over custard mixture, sprinkle top with the 1 C. of zwieback which was set aside, bake in a slow oven 20 minutes. Cut in squares and serve cold with whipped cream. Serves 9.

CHOCOLATE PUDDING

Mrs. F. A. Fish

- | | | |
|------------|-------------------|----------------------|
| 1 qt. milk | | |
| 2 eggs | 1/2 C. sugar | 1/4 cake unsweetened |
| 3 T. flour | 1 1/2 T. cocoa or | chocolate |

Heat milk and chocolate well together, beat eggs, sugar, and flour with a little cold milk, add to milk and chocolate, let come to a boil and flavor with vanilla. Eat cold with cream or serve with sweetened whipped cream.

CHOCOLATE CORNSTARCH PUDDING

- | | | |
|-----------------|-------------------|--------------|
| 1 qt. milk | 1 C. corn syrup | 2 eggs |
| 2 oz. chocolate | 1/3 C. cornstarch | 1 t. vanilla |

Heat milk in double boiler, add chocolate and syrup. Moisten cornstarch with a little of the cold milk and add to hot mixture, stir constantly until thick, add lightly beaten eggs, vanilla. Remove from heat, turn in molds and chill.

COCOANUT CREAM TAPIOCA

Mrs. S. H. Thompson

- | | | |
|--------------------|---------------|--------------|
| 1 qt. milk | 4 T. cocoanut | 3 T. tapioca |
| 4 egg yolks beaten | 1/4 t. salt | 1 C. sugar |

Scald milk in double boiler, add salt and tapioca and cook 15 minutes, stirring frequently, add sugar and cocoanut to egg yolks, combine with tapioca. Cook until egg begins to thicken. Pour into buttered baking dish.

MERINGUE

- | | | |
|--------------|--------------|-----------------|
| 4 egg whites | 1/2 C. sugar | 1/2 C. cocoanut |
|--------------|--------------|-----------------|

Beat egg whites until stiff, fold in sugar, pile lightly on top of tapioca mixture, cover with cocoanut, bake about 15 minutes in slow oven (300°). Serves 8.

TAPIOCA PINEAPPLE PUDDING

Mrs. E. E. Little, Mrs. Milton Shupe

- | | | |
|--------------|-------------------|---------------------|
| 1 C. tapioca | 1 lb. can crushed | juice of 2 lemons |
| 1 C. sugar | pineapple | 2 beaten egg whites |
- Soak tapioca over night in cold water, cook in double boiler until clear,

when about half done, add sugar, pineapple, and juice of 2 lemons. When cooked remove from fire and fold in the beaten whites. Serve cold with whipped cream. Vary by adding dates and nuts after removing from stove.

MARSHMALLOW TAPIOCA PUDDING

Mrs. G. B. MacDonald

2 C. milk		
1½ T. minute tapioca	8 marshmallows	¼ t. salt
⅓ C. sugar	2 eggs	1 t. vanilla

Scald milk in top of double boiler, add tapioca and cook until it is clear, add half of sugar to milk and remainder to egg yolks slightly beaten, pour hot milk into egg mixture. Return to double boiler and stir until thick, remove from range and pour onto the stiffly beaten egg whites, add salt and vanilla and marshmallows (cut into bits), mix gently and chill.

GRAPE BAVARIAN CREAM

Home Economics Bulletin, Iowa State College

2 T. gelatine		
¼ C. cold water	1 C. grape juice	¾ C. sugar
1 C. hot water	1 T. lemon juice	1 C. whipping cream

Soak gelatine in cold water, bring sugar and hot water to boiling point, add gelatine and stir until it dissolves, remove from heat, add grape and lemon juice, chill until it begins to form a jelly, then fold in cream beaten until stiff, mold and chill until firm. Garnish with whipped cream for serving.

BAVARIAN CREAM

Home Economics Bulletin, Iowa State College

2 T. gelatine	2 C. whipping cream	½ C. sugar
½ C. cold water	2 C. fruit pulp	1 T. lemon juice

Soak gelatine in cold water, heat fruit pulp and lemon juice, add sugar and soaked gelatine, stir until gelatine is thoroughly dissolved. When it begins to thicken fold in stiffly beaten cream. Mold and chill until firm. Serves 12.

PINEAPPLE BAVARIAN CREAM

Florence Walls, Ethel Carpenter

1 pt. liquid (water to dissolve gelatine and juices from pineapple and cherries)	1 lb. can crushed pineapple	½ C. sugar
1 box lemon gelatine	1 small bottle maraschino cherries	½ C. cream before whipping
		12 marshmallows

Dissolve gelatine, add sugar, pineapple, and juices. When beginning to jell, add whipped cream and cherries, pour out in flat pan, cover with diced marshmallows, pushing them down into the mixture. Put in refrigerator until ready to serve.

STRAWBERRY BAVARIAN CREAM

Foods and Cookery

2 T. gelatine soaked in ½ C. cold water	¼ C. boiling water	1½ C. whipping cream, more if desired
1½ C. strawberries	¾ C. sugar	

Make as under general directions, using the crushed fruit as cold

liquid. When it begins to stiffen beat until light, then fold in whipped cream, pile lightly into serving dish or mold. Serve garnished with whipped cream and whole strawberries.

BANANA SNOW

- | | | |
|-------------------------------|-----------------------|--------------------------------|
| 1 t. gelatine | 2 T. sugar | $\frac{1}{4}$ t. grated orange |
| $\frac{1}{4}$ C. orange juice | $\frac{1}{4}$ t. salt | rind |
| 2 egg whites | 1 C. banana pulp | 1 C. whipping cream |

Soak gelatine in orange juice 5 minutes, melt over hot water. Meanwhile beat egg whites until frothy, add sugar, cooled gelatine, grated orange rind and salt, and beat until stiff. Whip cream, fold banana pulp and whipped cream into egg white mixture, set in the icebox until time to serve. Serves 8.

GELATINE RASPBERRY PIE

- | | | |
|-----------------------------|----------------------|-----------------------|
| 1 T. gelatine | few grains of salt | 1 pt. raspberry juice |
| $\frac{1}{4}$ C. cold water | 1 pt. whipping cream | and fruit |

Soak gelatine in cold water 5 minutes, add boiling fruit juice and when almost set add berries and pour into baked pastry shell. When firm and ready to serve, cover with whipped cream, flavored with vanilla. This recipe is for canned fruit, but fresh fruit may be used. Blueberries, blackberries, strawberries, or crushed pineapple may also be used in the same way.

BANANA CREAM

Mrs. H. Otopalik

- | | | |
|-----------------------------|------------------------------|-------------------------------|
| 2 T. gelatine | | 1 C. sugar |
| $\frac{1}{4}$ C. cold water | $\frac{1}{4}$ C. lemon juice | 1 C. whipped cream |
| (heat over hot water | $\frac{1}{4}$ t. salt | $\frac{1}{2}$ C. diced marsh- |
| until dissolved) | 1 C. mashed bananas | mallows |

Blend all together, pile in moistened mold and set in cold place to stiffen. Serve with sponge cake.

ORANGE CREAM

Mrs. H. Otopalik

- | | | |
|---------------------------|-------------------------------|--------------------------------|
| 3 eggs, beaten separately | 1 large lemon, juice and rind | 1 large orange, juice and rind |
| 1 C. sugar | 2 T. hot water | lady fingers or cake |

Separate eggs, beat yolks with $\frac{1}{2}$ C. sugar, add fruit juices, water, and cook in double boiler until it thickens, stirring constantly, remove from stove, pour over stiffly beaten egg whites and $\frac{1}{2}$ C. sugar, chill and serve in glass cups lined with lady fingers or over strips of angel food or sponge cake. Serves 6.

DATE NUT PUDDING

Mrs. F. H. Waters

- | | | |
|-------------------------------|------------------|-------------------|
| $\frac{1}{3}$ C. butter | | |
| 1 C. sugar | 1 C. pecan meats | 3 T. pastry flour |
| $1\frac{1}{4}$ C. dates (cut) | 3 eggs | 1 t. BP. |

Cream butter, add sugar, beat until smooth, add beaten eggs, dates, broken nut meats, flour to which BP. has been added, cook in slow oven over hot water 1 hour. Serve with whipped cream.

DATE PUDDING

Mrs. W. J. Schlick

2 eggs, well beaten

1 C. sugar

4 T. flour

1 lb. dates, stoned
and cut

1 t. BP.

1 C. nut meats

Bake in pan of hot water, add 1 C. thin cream when cold, serve with either thick or whipped cream. Serves from 6 to 8.

DATE PUDDING

Mrs. Charles Reynolds

1 C. flour

1 C. sugar

3 eggs

1 pkg. dates

1 C. nut meats

2 t. BP.

Beat yolks and sugar to a cream, add flour sifted with BP., then dates and nuts, and lastly the stiffly beaten whites, bake in a slow oven about 45 minutes. Serves 8.

DATE PUDDING

Mrs. C. L. Gleason

1 lb. stoned dates

1½ C. boiling water

2 T. butter

1½ C. flour

1 t. soda

1½ C. sugar

2 eggs

1 C. nut meats

Sprinkle soda over cut dates, add hot water and let stand 5 minutes, beat eggs separately, add yolks, sugar, butter, and flour to dates and beat well, then add whites and bake in slow oven ¾ hour. Serve with whipped cream.

QUICK DATE PUDDING

Mrs. C. H. Anthony

3 T. melted butter

½ C. dates

½ C. milk

3 t. BP.

½ C. white sugar

½ C. nuts

1½ C. flour

Spread evenly over bottom of pan in which pudding is mixed, pour over 2 C. brown sugar dissolved in 3 C. hot water and bake in a moderate oven 40 minutes. Serves 10.

DATE MOLD

Mrs. R. D. Feldman

½ C. nut meats

1 C. sugar

½ pkg. gelatine

1 C. cold water

1 lb. dates (cut fine)

1½ C. hot water

2 eggs

Soak gelatine in cold water 20 minutes, add slowly the hot water to the beaten egg yolks, add sugar to the gelatine, dates, and nuts, cook until it reaches the boiling point, stirring constantly, cool to lukewarm, then add the beaten whites, put in mold and chill. It can be sliced and served with plain or whipped cream or ice cream.

DATE TORTE

Mrs. W. H. Stevenson

1 C. granulated sugar

1 C. nut meats

1 C. dates

2 eggs

3 T. flour

3 T. bread crumbs

1 t. BP.

pinch of salt

pinch cinnamon

Bake slowly 1 hour in buttered dish set in cold water. Serve cold with whipped cream.

BAVARIAN DATE SLICE

Mrs. B. J. Firkins

- | | | |
|-------------------------------|---|--|
| 1 pkg. strawberry
gelatine | $\frac{1}{2}$ C. blanched al-
monds, chopped | 12 dates, cut |
| 12 marshmallows | 1 pt. boiling water | 1 C. whipped cream
salt and flavoring |

When gelatine is slightly thickened beat with an egg beater until like whipped cream, then add other ingredients and turn into a loaf pan. Serves 8.

MACAROON PUDDING

1 T. gelatine, $\frac{1}{4}$ C. cold water, let stand 5 minutes, mix 3 egg yolks with $\frac{1}{3}$ C. sugar, $\frac{1}{4}$ t. salt, and add 2 C. scalded milk, cook to a custard and pour over gelatine, add 1 C. crushed macaroons (1 doz.), chill and when almost stiff add beaten whites of 3 eggs and 1 t. vanilla. Serve with whipped cream.

CHINESE PUDDING

- | | | |
|-----------------------------|---------------------|-----------------------|
| 2 T. gelatine | | 1 C. sugar |
| $\frac{1}{4}$ C. cold water | 1 C. chopped nuts | 1 C. cold cooked rice |
| 1 C. hot rice water | 1 C. dates, chopped | 1 C. grated cocoanut |
- Mix and add 1 C. whipped cream, chill.

RICE PUDDING

Wholesome Desserts, Home Economics Bulletin, Iowa State College

- | | | |
|-----------------------|------------------------|--------------------------|
| 4 C. milk | $\frac{1}{4}$ C. sugar | $\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ C. rice | 2 eggs | $\frac{1}{2}$ t. vanilla |

Heat milk in double boiler, add washed rice and cook for 1 hour, stir occasionally, beat eggs slightly, add sugar, salt, and combine with rice, remove double boiler top as the heat of rice mixture is sufficient to cook egg mixture, add vanilla and set aside to cool. Serve hot or cold, top with milk or cream.

RICE BUTTERSCOTCH

Mrs. C. W. McDonald

- | | | |
|-----------------------|-------------|------------------------|
| $\frac{1}{3}$ C. rice | | 1 C. brown sugar |
| 2 C. milk | 2 T. butter | $1\frac{1}{4}$ t. salt |

Scald milk and put in the rice, cook until almost tender, then add butterscotch mixture made by cooking brown sugar, salt, and butter until a syrup is formed, stirring constantly, cook until done, mold and serve cold. 8 servings.

PINEAPPLE RICE

Mrs. C. W. McDonald

- | | | |
|-----------------------|---------------------------------|-----------------------------|
| $\frac{1}{2}$ C. rice | $\frac{3}{4}$ C. whipping cream | 1 C. crushed pine-
apple |
| 4 C. salted water | $\frac{1}{8}$ C. sugar | |

Cook rice in salted water until tender, drain and cool, dissolve sugar in pineapple, mix with rice and cool. Just before serving add the cream whipped until stiff. Will serve 6.

GLORIFIED RICE

Mrs. S. H. Thompson

Dissolve pkg. of lemon gelatine in $\frac{1}{2}$ pt. boiling water, add $\frac{1}{2}$ pt. canned pineapple juice or any fruit juice. When a cold liquid whip to the

consistency of heavy whipped cream. Have 2 C. cold boiled rice, fold rice into whipped gelatine, add 1 C. whipped cream, 4 T. sugar, and salt to taste. Set in a cold place to harden.

CALIFORNIA DELIGHT

Mrs. Charles Hamilton

- | | | |
|---------------------------|---------------------|-------------------|
| 1 pkg. chocolate gelatine | 1 C. puffed raisins | 2 C. scalded milk |
| | | 1 C. cake crumbs |

Plump and drain raisins, dissolve gelatine with scalded milk. When mixture is partially cool, add cake crumbs and raisins, stir occasionally until it starts to set, chill and serve in glasses with whipped cream.

PARADISE PUDDING

Alice Iverson

- | | | |
|------------------------------|--------------------------|---------------------------------|
| 1 doz. macaroons,
crushed | 1 C. nut meats | 2 C. cherry juice, |
| 1/2 C. cold water | 4 T. granulated gelatine | (left from maraschino cherries) |
| 1 C. sugar | 1 t. vanilla | 2 C. stiffly whipped cream |
| 3 T. lemon juice | 1/2 C. diced pineapple | |
| 1 C. red cherries | | |

Soak gelatine in cold water for 5 minutes, add cherry juice (boiling) and stir until the gelatine is dissolved, add sugar and chill until a little thick, beat until frothy, fold in the remaining ingredients and beat for 2 minutes, pour into a loaf mold and set in a cold place until firm. Unmold and cut in 1 inch slices and top with whipped cream. 18 servings.

AMBROSIA

Alice Iverson

- | | | |
|-----------------------|------------------------|----------------------|
| 1 small can pineapple | 1/2 pt. whipping cream | 2 oranges |
| 2 bananas | | 1 tangerine |
| 1 C. nuts | | 1/2 lb. marshmallows |

Chop fruit, chill thoroughly and when ready to serve fold into whipped cream. This makes about 10 servings.

CHARLOTTE RUSSE

Mrs. Quincy Ayres

- | | | |
|---------------------|----------------------|--------------|
| 2 T. plain gelatine | 2 pt. whipping cream | 1 t. vanilla |
| 1 pt. sweet milk | | 1 C. sugar |

Put gelatine to soak 1/2 hour in cold milk, then cook slowly until gelatine is dissolved, stirring constantly (do not allow to boil), add sugar, cool. When it begins to thicken add whipped cream and vanilla. Vary with fruit. Color half and half. Serves 16.

MARSHMALLOW PUDDING

Mrs. Chris. J. Christenson

- | | | |
|---------------|-------------------------|-------------------------|
| 1/2 C. sugar | 1/4 C. candied cherries | 2 C. marshmallows |
| 1/4 C. water | | 1 C. broken pecan meats |
| 2 egg whites | 2 C. whipped cream | |
| 1 T. gelatine | | |

Cook sugar and water until syrup hairs, pour gradually on beaten egg whites, stirring constantly, add dissolved gelatine, cool slightly, add other ingredients and cool before serving.

MARSHMALLOW LOAF

Mrs. O. P. Rutledge, Mrs. C. G. Cole, Mrs. C. V. French

1/2 lb. marshmallows
 cut fine and put into 1/2 lb. dates cut 1/2 lb. graham crack-
 1/2 C. thin cream 1/2 lb. pecan meats ers rolled fine

Mix, work into loaf shape in deep pan, roll in powdered sugar and a wax paper and place in a cool place for 24 hours. Slice and serve topped with whipped cream. Maraschino cherries may be added to the loaf. The top of loaf may be covered with icing and omit whipping cream when serving.

CHOCOLATE MARSHMALLOW ROLL

Mrs C. G. Cole

Beat 4 eggs until light, add slowly 1/2 C. sugar and beat, fold in 4 T. flour sifted with 4 T. cocoa, 1/2 t. cream tartar, 1/3 t. soda, 1/2 t. salt. Line a pan 10 1/2 x 6 1/2 in. with oiled paper, turn in the cake mixture and bake 300°. Cover a cloth with powdered sugar, turn out cake, remove paper carefully, place filling over it and roll like jelly roll.

Filling

15 marshmallows 1 C. sugar 1/3 C. boiling water
 Melt in double boiler until sugar is dissolved, then boil without stirring until mixture forms soft ball in cold water, add 1 egg white beaten stiff, 1/2 t. vanilla and beat until cool.

Hot Chocolate Sauce

1 sq. chocolate melted 1 t. butter 1 C. powdered sugar
 over hot water 1 t. boiling water or until thick enough
 This serves 18. to spread smoothly

GRAHAM CRACKER CAKE

Mrs C. E. Clark

1/3 C. fat 1/2 C. chopped nuts
 1 C. sugar 1 t. vanilla or cocoanut
 2 eggs 1 C. flour 1/2 C. graham crack-
 1 C. milk 2 t. BP. ers, rolled real fine

Cream fat and sugar and add beaten eggs and flavoring, mix dry ingredients and add alternately with milk, bake in moderate oven 30 to 35 minutes. Should be baked in two layer cake tins or in a sheet pan, then cut in two and put together with custard, given below. May be served with or without whipped cream on top.

Custard

1 C. milk 1 egg
 1 T. butter 2 T. sugar 2 T. flour
 Heat milk and add butter and beaten egg, mix sugar and flour and add to hot mixture, cook until thick, spread between layers.

GRAHAM CRACKER PIE

Mrs. S. H. Thompson

20 graham crackers rolled and mixed with 2 T. melted butter, place in baking dish. Cook 1/2 C. sugar, 3 T. flour, 3 egg yolks, 1 C. milk

until a thick custard. Then add 1 can crushed pineapple and place on top of crackers in baking dish, make a meringue of 3 egg whites and 6 T. sugar, bake slowly until brown. Serve with whipped cream.

VANILLA COOKIE DESSERT

Mrs. W. H. Jameson, Alice Iverson

$\frac{3}{4}$ lb. vanilla cookies $\frac{1}{2}$ C. soft butter 3 bananas sliced
1 C. pineapple cut fine 1 C. coarsely chopped 1 C. powdered sugar
 $\frac{1}{2}$ pt. cream whipped nuts 2 eggs

Roll vanilla wafers to make crumbs, combine fruits and nuts with the whipped cream, sweeten with 1 T. powdered sugar. Cream powdered sugar and butter until smooth, then add whole eggs one at a time and beat this until creamy and will pour. Grease a pan with butter and put about $\frac{2}{3}$ of vanilla crumbs in first, on this pour the creamed sugar, butter and egg mixture, spread to cover all the crumbs, on this spread fruit which has been combined with the whipped cream, sprinkle remaining crumbs over all and set away in ice box. Top with whipped cream when ready to serve. 8 servings.

ICE BOX COOKIE PUDDING

Mrs C. H. Anthony

Roll any kind of cookie crumbs, put layer of crumbs in bottom of glass dish, then layer of whipped cream, add layers of drained pineapple, dates, and nut meats, alternate layers until dish is filled, let stand in ice box 24 hours. Serve with whipped cream.

To serve 20—Use $1\frac{1}{2}$ lb. cookies, 1 can No. 2 pineapple, 1 lb. dates, and $\frac{1}{4}$ lb. nut meats. This may be used with whole lady fingers.

CHOCOLATE ICE BOX DESSERT

Mrs C. G. Cole

$\frac{3}{4}$ lb. vanilla wafers
2 cakes sweet chocolate $1\frac{1}{2}$ C. powdered sugar 2 T. milk
4 eggs 1 pt. whipping cream

Melt chocolate, add egg yolks, sugar, and milk, cook until thick, add egg whites beaten stiff, place layer of vanilla wafers in a pan, cover with the chocolate mixture, cover all with whipped cream. Repeat, having a layer of wafers on the top, set aside for 12 hours. Serve topped with whipped cream.

CHOCOLATE ICE BOX PUDDING

Mrs. C. L. Gleason

1 T. water $\frac{1}{2}$ C. sugar 1 sq. chocolate

Melt these together and add to 2 beaten egg yolks. Dissolve 2 t. gelatine in $\frac{1}{4}$ C. hot water. When gelatine is cold add eggs. When whole mixture is beginning to get stiff add whipped egg whites and $\frac{1}{2}$ pt. cream whipped stiff. Roll 1 lb. vanilla wafers fine, line pan with them, spoon in mixture, put crumbs on top, let stand in cold place till next day and serve with whipped cream.

ICE BOX CAKE

Mrs. H. Otopalik

- | | | |
|-----------------------------------|----------------------------------|-------------------|
| 3 cakes German sweet
chocolate | 3 eggs | 1 t. vanilla |
| 1 lb. vanilla wafers | $\frac{1}{2}$ pt. whipping cream | 1 C. chopped nuts |
| | 3 t. sugar | sprinkle of salt |

Heat chocolate with a little water ($\frac{1}{2}$ C.), add sugar, yolks of eggs, one at a time, stir as eggs are added, then vanilla, beaten whites of eggs, whipped cream and nuts. Crush wafers and arrange in layers with above mixture, let stand in ice box 24 hours. Whipped cream slightly sweetened may be used as a garnish. Serve in squares or in sherbet cups. 10 to 12 servings.

ICE BOX CAKE

Mrs. R. T. Jeffrey

- | | | |
|------------------------------|-----------------------------------|-------------------------|
| 3 egg yolks | juice 1 lemon | $\frac{1}{2}$ C. butter |
| $\frac{1}{4}$ C. white sugar | $\frac{1}{2}$ lemon rind (grated) | 1 C. powdered sugar |
| 1 T. cornstarch | | 3 egg whites |
| | | 2 doz. lady fingers |

Cook egg yolks, sugar, and cornstarch until thick, let cool, then cream butter and powdered sugar, add lemon and egg whites beaten stiff, lay lady fingers in pan, cover with mixture, then another layer of lady fingers, cover top with mixture and a dash of whipped cream.

ICE BOX CAKE

Mrs. B. W. Hammer

- | | | |
|---|---------------------------------|---|
| $\frac{3}{4}$ lb. confectioner's
sugar | 1 pt. whipping cream | 3 doz. lady fingers |
| $\frac{1}{2}$ lb butter | 1 small can grated
pineapple | 1 t. vanilla |
| 4 eggs | | $\frac{1}{4}$ lb. candied cher-
ries |

Cream butter and sugar until very creamy, separate eggs and add yolks one at a time to sugar mixture, beating well after adding egg, add beaten whites and vanilla. Whip $\frac{1}{2}$ pt. cream. Split lady fingers and cover bottom of torte tin, spread $\frac{1}{3}$ of sugar mixture over lady fingers, cover this with $\frac{1}{2}$ the amount of cherries and pineapple, cover this with a layer of whipped cream or $\frac{1}{2}$ of the amount of cream whipped, then a layer of lady fingers and so on until used, saving enough of the sugar mixture for the top layer, put cake in ice box over night at least. Before serving add $\frac{1}{2}$ pt. cream whipped and more cherries for decoration. Cut like cake.

GINGER ALE ICE BOX PUDDING

Mrs. W. H. Jameson

- | | | |
|------------------------|-------------------------------------|---|
| 1 T. butter | | 1 pt. ginger ale |
| $\frac{1}{2}$ C. sugar | 1 C. drained pine-
apple crushed | 1 small bottle maras-
chino cherries |
| 3 eggs | 4 T. flour | $1\frac{1}{2}$ doz. lady fingers |
| 1 C. whipping cream | | |

Blend butter and flour and add sugar, add ginger ale gradually, cook until thick, beat eggs and add to this mixture, cook in double boiler until thick and smooth. Cut cherries into small pieces, add cherries and their syrup, add pineapple to this mixture. Arrange $\frac{1}{2}$ split lady fingers around a serving dish and pour in the pudding and cover with the remaining lady fingers, let stand in refrigerator 12 hours. Unmold, slice and serve with whipped cream. This serves 18.

BUTTERSCOTCH ICE BOX CAKE

Mrs. S. H. Thompson

$\frac{1}{3}$ C. butter	1 C. brown sugar	lady fingers or sponge
$\frac{3}{4}$ C. hot milk	3 egg yolks	cake

Cream butter and sugar thoroughly, add hot milk slowly, beat in egg yolks and cook until thick, line mold with lady fingers, chill 4 or 5 hours. Serve with whipped cream.

FILLED ANGEL FOOD CAKE

Mrs. C. W. McDonald

Bake an angel food cake using 1 C. egg whites and bake in a tube pan. When cool cut slice about $\frac{1}{2}$ inch thick from top of cake and remove with a fork the inside of cake, leaving a shell of sufficient thickness to hold together well, tear in small pieces the inside of cake and mix with 1 C. whipping cream, 1 C. diced pineapple, $\frac{1}{2}$ lb. marshmallows cut fine, 12 maraschino cherries, chopped, fill the cake shell with the mixture and replace top and set in refrigerator for at least 12 hours. When ready to serve cover with whipped cream and cherries, slice and serve.

ANGEL FOOD CAKE DESSERT

Mrs. A. H. Munn

1 pt. milk		
1 envelope plain gelatine in $\frac{1}{2}$ C. milk	(the milk to be taken from the pt.)	1 T. sugar 3 egg yolks

Beat egg yolks, add sugar and milk and cook until it becomes soft custard, add gelatine to hot custard. When cool, strain, add 1 t. vanilla, 1 pt. whipped cream, and 3 beaten egg whites. Cut angel or sponge cake crosswise into three layers. Do not return cake to cake tin. Use same pan cake was baked in and pour into pan $\frac{1}{3}$ of custard, then place first layer in same position in pan as when baked, add $\frac{1}{3}$ more of the custard and section of cake. Repeat. Cake will be ready to serve in $\frac{1}{2}$ hour. When ready to use turn out on a chop plate, put whipped cream around lower edge.

DELMONICO PUDDING

Mrs. A. H. Munn, Mrs. C. L. Gleason

Cream $\frac{1}{4}$ lb. butter and $1\frac{1}{2}$ C. sugar, 4 eggs beaten thoroughly one at a time with creamed sugar, 1 C. chopped walnut meats, $1\frac{1}{4}$ C. strong black coffee (cold), $\frac{3}{4}$ t. vanilla and $\frac{1}{2}$ t. almond flavoring all added to eggs and creamed butter and sugar. Line a pan with lady fingers, splitting them, then a layer of filling, then lady fingers, putting a thin spread of the mixture on top. Serve with whipped cream. 3 doz. will serve 18 people.

SOUTHERN DELMONICO PUDDING

Mrs. Clay Stafford

2 C. sweet milk		1 C. pecans (cut)
2 egg yolks	1 t. vanilla	$\frac{3}{4}$ C. candied cherries
$\frac{1}{2}$ C. sugar	18 almond macaroons	

Heat the milk, beat yolks of eggs and add sugar, combine milk and eggs and cook slowly like any custard, add vanilla. Dissolve 1 envelope gelatine in $\frac{1}{4}$ C. milk and add to the custard, cool, beat 2 egg whites

stiff and add $\frac{1}{2}$ pt. of cream whipped, add to custard. Break macaroons and line a pan, add part of pecans and cherries, pour over this part of custard mixture, make other layers until all ingredients are used, place in ice box 12 hours before serving.

PINEAPPLE SKILLET CAKE PUDDING

Mrs. Frank S. Edge, Mrs. Chas. Reynolds

$\frac{1}{2}$ C. butter, melted	$\frac{1}{2}$ C. pecan meats	2 C. light brown sugar, melted
1 can pineapple cut up		

Cake Part

$\frac{1}{4}$ C. butter	$\frac{1}{2}$ C. milk	2 t. BP.
$\frac{2}{3}$ C. sugar	$1\frac{1}{2}$ C. flour, pastry	1 t. vanilla
1 egg, beaten		

Melt butter and sugar in iron skillet, remove from fire and add pineapple and nuts. Have cake made and spread over fruit, bake 20 or 25 minutes and turn out, fruit on top. Serve with whipped cream.

CABINET PUDDING

Mrs. W. N. Adams

$\frac{1}{2}$ lb. almond macaroons	1 T. gelatine	4 eggs
1 C. sugar	1 orange	1 small glass maraschino cherries

Beat yolks of eggs and put in double boiler, add sugar, juice from cherries and juice of orange, add soaked gelatine and beaten whites of eggs, cook 15 minutes. Crush macaroons and cut cherries and nuts into small pieces, put layer of crumbs in bottom of dish, then a layer of cherries and nuts, then a layer of filling, repeat until all is used, have last a layer of filling. Serves 8 to 10.

CHOCOLATE BROWNIES

Mrs. Barton Morgan

4 eggs	2 sq. chocolate or	1 C. of milk
2 C. sugar	4 T. cocoa	1 C. nuts
1 C. butter	vanilla	1 C. flour

Beat eggs until very light, add sugar, then butter and chocolate or cocoa melted together, add flour, nuts, and flavoring, pour in a shallow pan and bake 40 minutes in a very slow oven. Mark squares while hot. Serve with whipped cream.

CHOCOLATE ROLL

Mrs. H. Otopalik

6 large eggs	$\frac{1}{2}$ C. granulated sugar
2 T. cocoa	sprinkle of salt

Beat whites of eggs very stiff, add sugar gradually while beating, stir in cocoa and lastly add well beaten egg yolks, put in ungreased jelly roll pan (about 9 inches sq.), bake in moderate oven about 15 minutes, take from oven and set pan on damp cloth, turn out on oiled paper. This roll will rise to about $1\frac{1}{2}$ inches in baking, but will fall about $\frac{1}{2}$ in cooling. When cold or just before serving, spread with $1\frac{1}{2}$ C. cream, whipped

very stiff, sweetened and flavored to taste, roll as a jelly roll, cut to any desired size and serve with the following sauce:

1 C. sugar

$\frac{1}{4}$ C. milk (or water) 1 T. cornstarch 2 T. cocoa

Boil all together until thickened, remove and beat until smooth. If water is used add 1 T. butter

CRUMB CAKE PUDDING

Mrs. John Hoover

2 C. brown sugar

$\frac{1}{2}$ C. butter

2 C. flour

pinch of salt

Mix this together like pie crust, take out $\frac{3}{4}$ C., set aside. To rest of mixture add 1 egg, 1 C. sour milk, 1 t. soda dissolved in milk, add $\frac{1}{2}$ C. nut meats, $\frac{1}{2}$ C. chopped dates, pour in shallow pan, add the $\frac{3}{4}$ C. crumbs on top of cake, bake. Serve with whipped cream. Keeps moist for some time.

ICE CREAM SANDWICHES

Mrs. Bessie Brintnall

Bake a sheet of sponge cake, cut in squares size of brick ice cream, place a slice of ice cream of desired flavor between two slices of cake, cover the top with whipped cream, then top with a spoonful of red jelly. Cake may be iced with powdered sugar icing and omit the whipped cream and top with jelly. Colored cocoanut or candies are also attractive on it.

PRUNE WHIP

Mrs. H. D. Bergman

Take about 40 prunes, stew in water and seed, mash, then add $\frac{1}{2}$ C. sugar. Beat whites of 4 eggs and add $\frac{1}{2}$ C. sugar, beat egg whites and prunes together, put in oven and brown. Custard for above use 2 C. milk and yolks of the 4 eggs, beat and add $\frac{1}{2}$ C. sugar and 1 T. of cornstarch, heat milk, add cornstarch mixture then beat in eggs and sugar.

ORANGE FLUFF

Mrs. S. H. Thompson

1 orange, grated rind
and juice

1 egg

$1\frac{1}{2}$ C. sugar

Cook in double boiler until thick then add 1 C. cocoanut, cool, then add $\frac{1}{2}$ pt. whipped cream. Serve on sponge or angel food cake.

MACAROON PIE

Mrs. O. P. Rutledge

4 egg whites

1 C. sugar

14 salty crackers

vanilla

$\frac{1}{2}$ pkg. dates, cut fine

$\frac{1}{2}$ C. whole pecans

1 t. BP.

Beat eggs stiff, add sugar and beat, fold in crumpled crackers and fruit, bake in buttered pan 20 minutes at 325°.

rated milk, mix thoroughly and form into a roll, lay on a sheet of waxed paper covered with reserved crumbs. Roll tightly in the paper and leave in the refrigerator for 24 hours or longer. Slice and serve with whipped cream or evaporated milk.

FROZEN CUSTARD

This recipe was made by two 4-H Club girls in a demonstration given at the Pal's banquet which the entire club served to their parents and friends.

1 pt. heavy cream	1 qt. milk	$\frac{1}{4}$ t. salt
(whipped)	4 egg yolks	1 C. sugar
		1 t. vanilla

Beat yolks of eggs slightly, add salt and sugar and blend well, to this mixture add slowly the milk which has been scalded, cook until thickened, allow this to cool, add vanilla and whipped cream. Any kind of fruit desired may be cut fine and added to make this frozen custard. (The girls used pineapple and maraschino cherries.) Freeze mixture and serve.

This may be frozen in mechanical refrigerator.

MUSCOVITE OF PEACHES AND MELONS

2 C. finely cut honeydew melon, 2 C. finely sliced peaches, $\frac{3}{4}$ C. orange juice, 2 T. lemon juice, $\frac{3}{4}$ C. powdered sugar, 3 sprigs mint, $\frac{1}{2}$ C. whipping cream.

Choose perfectly ripe fruit, crush mint leaves in sugar and combine with orange and lemon juice, let stand until sugar is dissolved and remove mint, add prepared peaches and melon, turn into freezer and pack in 6 parts finely chopped ice to 1 part ice cream salt. Let stand 3 hours or longer and serve topped with cream, whipped until firm and slightly sweetened with powdered sugar.

APRICOT CREAM

Mrs. Z. D. Dunlap

1 C. apricots canned		1 T. cold water
or stewed	1 t. gelatine	1 C. whipping cream

Put apricots through a sieve or ricer, add the gelatine soaked in water and dissolve over a pan of hot water, fold in the cream whipped and freeze without stirring. Canned or frozen fruit pulp or bottled juice may be used. Heat the juice and thicken by adding 1 t. gelatine, cool and beat in air before adding to whipped cream. Serves 6 to 8.

BUNGALOW PUMPKIN PUDDING

Home Service Department, Iowa Railway and Light Corporation

1 C. pumpkin		1 C. walnuts
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ t. cinnamon	$\frac{1}{2}$ pt. whipping
$\frac{1}{4}$ t. ginger	1 t. lemon juice	cream

Combine the pumpkin, sugar, spices, nuts, and lemon, mixing well, fold the whipping cream carefully into this mixture, freeze 3 hours. This makes 2 trays full.

SAUCES FOR PUDDINGS AND ICE CREAM

CARAMEL SAUCE

- | | | |
|-------------------------|-----------------------|--------------|
| 1 C. sugar | $\frac{1}{4}$ t. salt | 2 T. butter |
| $1\frac{1}{2}$ C. water | 2 T. cornstarch | 1 t. vanilla |

Put sugar in a sauce pan and let it brown slowly as it is stirred, when it melts and turns brown add 1 C. boiling water, allow to boil until caramel is melted, melt butter, stir in cornstarch and salt, gradually add caramel liquid, boil 3 minutes, remove from fire and add vanilla.

RAISIN SAUCE

Foods and Cookery

- | | | |
|--|----------------------|-----------------------------------|
| $1\frac{1}{2}$ C. canned pineapple juice | grated rind 1 orange | $\frac{2}{3}$ C. sugar |
| | | $\frac{2}{3}$ C. seedless raisins |

Boil together pineapple juice rind and sugar until quite thick, add raisins and allow them to stand in hot syrup for 5 minutes to plump. Pour a spoonful over ice cream, or use as a sauce for gingerbread, cottage pudding, or other plain puddings.

BUTTERSCOTCH SAUCE

Put in top of double boiler 1 lb. brown sugar, $\frac{1}{4}$ lb. butter, and $\frac{1}{2}$ pt. heavy cream, place over hot water over slow heat and cook 1 hour, stirring occasionally. This sauce is equally good on ice cream or pudding.

BUTTERSCOTCH SAUCE

Mrs. Charles Reynolds

- | | | |
|------------------|--------------------------|------------------------|
| 1 C. brown sugar | | 1 t. cornstarch |
| 4 T. butter | $\frac{1}{2}$ T. vinegar | $\frac{1}{4}$ C. water |

Boil together until it forms a soft ball in cold water. Serve hot over ice cream.

BUTTERSCOTCH SAUCE

- | | | |
|----------------------------------|------------------------------|--------------------------|
| $\frac{1}{2}$ C. dark corn syrup | $\frac{1}{2}$ C. white sugar | $1\frac{1}{2}$ T. butter |
| $\frac{1}{2}$ C. heavy cream | | |

Cook in the top of a double boiler 45 minutes, stirring occasionally.

MELBA SAUCE

- | | |
|----------------------------------|------------------------|
| 1 C. canned or fresh raspberries | $\frac{1}{4}$ C. sugar |
|----------------------------------|------------------------|

Force raspberries through a sieve to hold back the seeds, add sugar and cook long enough to make a heavy syrup or about 6 minutes. Serve cold on vanilla or chocolate ice cream.

CHOCOLATE SAUCE FOR ICE CREAM

Mrs. S. A. Knapp

- | | | |
|---------------------------------|----------------------------|--------------------------|
| 2 sq. chocolate | 1 t. flour | salt |
| $1\frac{1}{2}$ C. boiling water | $\frac{1}{2}$ t. flavoring | $1\frac{1}{2}$ T. butter |
| 1 C. sugar | | |

Mix well the flour, sugar, and salt, add the water and boil until smooth, add chocolate and butter and boil until like thick cream. Serve either hot or cold over ice cream.

FROZEN DESSERTS

*"Glittering squares of colored ice,
Sweetened with syrup, tintured with spice."*

"Frozen dishes comprise the most popular desserts and give a festive air to any occasion, whether served as the main dish, or at the end of an elaborate dinner. The use of milk as well as fruits and their juices give the opportunity to provide minerals and vitamins. Frozen desserts should always be eaten slowly in order to prevent chilling the stomach."

Ice creams, water ices, and sherberts are stirred as they are frozen. Parfaits and mousses are packed in ice with salt or put into pans or molds of mechanical refrigerators and frozen without stirring.

The success of freezing desserts in refrigerators depends upon the recipe as well as the temperature in the freezing compartment. Some refrigerator units are now equipped with a control that may be easily adjusted to give a lower temperature. This means that desserts may be frozen more quickly. Time required for the freezing depends on the consistency and sweetness of the mixture, temperature of the room and temperature of the mixture when put in the trays, frequency with which mixture is stirred, and setting of your refrigerator.

Mousses and parfaits are particularly successful by this method of freezing.

Ice cream recipes must be adapted according to the following rules:

Since milk contains water which crystallizes in the process of freezing, ice creams made with a large percentage of milk will be icy. To overcome this it is necessary to replace some of the milk with cream; the greater the proportion of cream, the smoother the ice cream. It makes a richer product but makes for ease and convenience, adds flavor, and makes a fluffier, lighter texture.

About 1 level t. of gelatine to each cup of liquid helps prevent ice crystals. Too much gelatine gives a jellied and not an ice cream consistency.

A cooked custard thickened with eggs, flour, and gelatine gives foundation. A small quantity of whipped cream may be added to this mixture also.

Much of the attractive flavor of ice cream is due to the air beaten into it in advance or during the process of freezing.

In freezing with a dasher the knife of the dasher is held close against the sides of the can and cuts off and removes all particles of cream as they are frozen, so there is no possibility of crusting or lumping, and the whipping portion of the dasher beats in the air.

In freezing without stirring, the size of the crystals must be controlled by air beaten in, in advance, by the fillers in solution. In general, air and fillers get in between the particles of water and prevent mechanically the formation of larger crystals.

Cream must be rich and whipped to incorporate the greatest amount of

air and distribute fat evenly for best results. If overwhipped a fatty taste will result in the dessert.

Mixture may be stirred while freezing in a refrigerator by removing the mixture when partially frozen to a large bowl, then beat it vigorously with a rotary egg beater and return to freezing unit.

Agitating may be done with a spoon at intervals of from 15 to 30 minutes. Stir it thoroughly, mix the frozen and liquid portions, scrape and beat each time until mixture is perfectly smooth.

Results are about the same with either method.

Slow freezing makes larger crystals.

Mixtures that are too sweet will not freeze except at a lower temperature than is possible in a refrigerator.

Corn syrup substituted for a part of the sugar gives a creamy texture.

Chill all cooked portions before adding cream.

In mixtures containing beaten egg whites, gelatine, and whipped cream, hold the egg whites in distribution and keep them from rising to the top.

Candied fruits being completely filled with sugar do not become solid and rock like, as fresh fruits do, when used for decorations. When desserts are to be frozen by packing in ice with salt without turning, the finer the ice the more quickly it will melt and the mixture become firm. If pressed for time, equal parts of ice and salt may be used, but the best proportion are about 3 parts crushed ice to 1 of rock salt. Since the mold must be buried in the ice and salt, seal the opening by covering the mixture with a greased paper and a very tight cover or a strip of cloth dipped in paraffine or some fat with a high melting point and tightly drawn over and around the cover so the salty water can not leak in.

The length of time required will depend of course on size and shape of the mold. Mold should not be too thick.

TO FREEZE ICE CREAM IN FREEZER

A certain amount of expansion in ice cream in freezing is desirable; too much causes it to fall when served and it melts quickly.

The time of turning the freezer increases as the amount of salt decreases. Too fast freezing gives a granular consistency. Authorities vary in proportion of ice and salt for best results. General practice for schools and homes is 3 measures of ice to one of salt, though 6 of ice to 1 of salt are sometimes employed and recommended.

Boston Cooking School—3 level measures ice to 1 of salt.

Foods and Cookery, by the *Iowa Homemaker*—8 measures of ice to 1 of salt.

Teachers College, Columbia University, in a series of experiments, found proportions of 8 measures of ice to 1 of salt make the most satisfactory ice cream; texture is smoother, expansion most desirable, and cost of freezing lessened.

Most economical method of using salt: Fill freezer at least $\frac{1}{3}$ full of ice before adding salt, then alternate layers, packing it down each time. If ripening time is short, packing down mixture should be 4 parts ice to 1 of salt.

Evaporated milk can replace cream in any mousse or ice cream which contains gelatine. Chocolate or any of the stronger flavors used will cover the taste of the milk.

To whip evaporated milk. Cover the unopened can with cold water, bring to a boil and boil for 5 minutes, chill in ice and salt, 8 parts ice to 1 part salt for $\frac{1}{2}$ hour, pour into chilled bowl and beat with a chilled egg beater until it forms a peak. Will expand 2 or 3 times in bulk.

Any unused portion may be kept in the refrigerator and used again without beating and chilling.

WATER ICE

A mixture of fruit juices alone or with part of the chopped pulp, water and sugar. The sugar and water boiled to a thick syrup gives a smoother consistency. The juice of one lemon for each quart of juice must be added to bring out the flavor.

WATER ICE (foundation)

4 C. water

2 C. sugar

2 C. orange juice

$\frac{1}{4}$ C. lemon juice

Make syrup by boiling water and sugar together, cool, add fruit juices, strain and freeze.

VARIATIONS IN ICES

Use basic recipe and substitute 2 C. of any juices such as grape juice, raspberry, strawberry, for the orange.

Lemon Ice. Boil for 20 minutes 4 C. water, 2 C. sugar, add $\frac{3}{4}$ C. lemon juice, cool, strain, and freeze.

Orange Ice. Use basic recipe and add grated rind of two oranges.

Apricot Ice. 1 qt. cooked apricots put through a sieve or ricer, add to syrup, juice of 1 orange and $\frac{1}{2}$ lemon may be used if desired.

FIVE-THREE ICE

3 C. sugar

3 C. water

3 oranges

3 lemons

3 bananas

Make a syrup of water and sugar, add juice of lemons and oranges, mash bananas and put them through ricer and add to mixture, freeze.

SHERBET

Sherbet is a water ice to which is added a small quantity of dissolved gelatine or beaten whites of eggs, when the mixture begins to harden. Occasionally milk is used in combination with the fruit.

SHERBET FOUNDATION

Use any water-ice combinations, boiling water, and sugar. When half frozen add white of egg beaten stiff or 1 t. gelatine soaked in $\frac{1}{4}$ C. cold water and melted over hot water. Add before freezing.

MILK SHERBET

4 C. milk juice 3 lemons 2 T. cold water
 1½ to 2 C. sugar 2 T. gelatine 2 egg whites (if used)

Mix juice and sugar, stirring constantly while slowly adding milk (if added too rapidly, mixture will have a curdled appearance). Dissolve gelatine in water over a dish of hot water, then add a small amount of sherbet mixture and strain into remaining mixture, freeze.

VARIATIONS FOR MILK SHERBET

In basic recipe use 1 pt. of any fruit juices, or juices and pulp, such as cherry, raspberry, apricot, or pineapple and 1 pt. of milk. 1 egg white or 1 t. gelatine may or may not be added, but gives the finished product a smoother consistency and helps retain its shape in serving. Mix and freeze.

PINEAPPLE SHERBET

For mechanical refrigerator. Worked out by class in Home Economics,
 Iowa State College

2 C. crushed pineapple.
 ¾ C. water 1 C. whipping cream ¾ C. powdered sugar
 3¼ T. lemon gelatine 3 T. lemon juice 3 egg whites

Boil sugar and water, cool and add fruit. After putting in the freezing tray the mixture should be stirred every ½ hour for 3 hours. Freeze 5 hours.

LEMON SHERBET

Mrs. R. D. Feldman

1 qt. cream strained juice of 5 vanilla
 1 qt. milk lemons and 3 or- 4 egg whites beaten
 1 pt. sugar anges to stiff froth

Chill fruit juice and sugar in freezer before adding the rest, then freeze like ice cream.

CRANBERRY SHERBET

Mrs. W. J. Schlick

2 C. cranberries
 3 C. milk 2 C. sugar 3 T. lemon juice

Cook and strain cranberries, add sugar while warm, cool, add milk and lemon juice, freeze.

ICE CREAM

A thin cream sweetened, flavored, and frozen, or a custard frozen or a combination of the two. A thickening agent may be used, as flour, corn-starch, rice flour, or gelatine.

PLAIN OR PHILADELPHIA ICE CREAM

1 qt. thin cream
 ½ to 1½ T. vanilla 1 C. sugar ¼ t. salt

Dissolve the sugar in one half of the cream, scalded, add remaining cream, vanilla and salt, cool and freeze.

CUSTARD ICE CREAM

2 C. milk	$\frac{1}{4}$ t. salt	2 T. vanilla
2 or 4 egg yolks	2 C. thin cream	1 C. sugar

Scald milk in double boiler and pour over egg yolks mixed with sugar and salt, return to double boiler and cook until it coats the spoon, cool, add cream, flavoring, and freeze.

FRENCH VANILLA ICE CREAM

Use custard recipe substituting 3 C. thin cream instead of 2, thicken with 3 T. flour. Mix flour, sugar, salt, and egg, add scalded milk gradually and cook in double boiler until thickened, stirring constantly. Cool, add cream and vanilla, strain, freeze.

CHOCOLATE ICE CREAM

Melt 2 or more sq. chocolate over hot water and use with any of the basic recipes. More egg yolks may be used. Pour the hot mixture very slowly over the chocolate, stirring constantly to dissolve it thoroughly to avoid dark specks of chocolate in the cream.

VARIATIONS FOR ICE CREAM

From Foods and Cookery

Fruits. To any of the above, fresh fruits either thoroughly crushed or pressed through a sieve, may be added in proportion of 2 C. fruits to 1 qt. ice cream. 1 C. of sugar is added to the fruit before it is mixed with ice cream. Canned fruits, as apricots, peaches, etc., may be used. Juice may or may not be used and the additional sugar need not be added. Dried fruits, as candied pineapple and cherries, make pleasing additions.

Nuts. Chopped nuts in the proportion of 1 C. nuts to 1 qt. cream may be added, either alone or with the dried fruit.

Macaroons or Grape Nuts. Use 1 C. grape nuts, soaked in $\frac{1}{2}$ C. of cream before adding to frozen mixture.

ICE CREAM

Mrs. R. C. Brockman

This ice cream can be packed in trays and freezing unit in mechanical refrigerator. Has been kept from 7 to 10 days.

2 C. sugar		
3 T. flour	$\frac{1}{4}$ t. salt	2 qt. cream
7 C. milk	4 eggs	4 t. vanilla

Blend sugar and flour, beat eggs, and continue beating while adding flour and sugar, add 3 C. milk scalded and cook in the top of double boiler to form a custard, cool, add flavoring, 2 qt. cream and remainder of milk, freeze in a gallon freezer, using 8 parts ice to 1 part salt. Fill freezer $\frac{1}{3}$ full of ice (before adding salt), pack in freezer to ripen about 3 hours. Half this recipe may be used.

ORANGE ICE CREAM

Mrs. Chas. Reynolds

2 egg yolks

1 pt. whole milk

1 C. sugar

2 T. cornstarch

Cook thoroughly and chill.

juice 5 large oranges

grated rind 1 orange

juice 1 lemon

1 C. sugar (scant)

Combine custard and juices, put into freezer and add enough cream or milk to fill 1 qt. freezer, allowing room to swell.

FRUIT ICE CREAM

1 qt. ice cream

2 egg whites

2 C. fruit juices

Combine fruit with ice cream, fold in stiffly beaten egg whites and place in trays of mechanical refrigerator, freeze until dessert is solid enough to serve. Have all materials as cold as possible to prevent melting of the ice cream.

COFFEE ICE CREAM

Mrs. A. E. Stringfellow

1 pt. milk

1 pt. cream

2 eggs

 $\frac{1}{2}$ t. salt

1 C. sugar

 $\frac{1}{2}$ can condensed

milk

3 T. coffee

Beat eggs and add sugar, salt, and condensed milk and put milk and cream in boiler. When hot add eggs and cook 2 or 3 minutes. In separate pan put coffee and add $1\frac{1}{2}$ C. water, boil down to good $\frac{1}{2}$ C., strain and add to other cooked mixture, freeze. Use sweetened condensed milk.

MOUSSE

Mousse is heavy cream whipped until stiff, sweetened, flavored, and frozen. Beaten egg whites reduce richness, increase volume, and improve texture. One C. of any fruit juice or crushed fruit may be added to the cream if gelatine is also used. Soak 1 T. gelatine for 5 minutes in 1 T. cold water and thoroughly dissolve by placing it over a pan of boiling water. The amount of sugar used may vary with the tartness of the fruit.

FOUNDATION RECIPE FOR MOUSSE

1 pt. whipping cream

 $\frac{1}{4}$ t. salt $\frac{1}{2}$ to 1 t. vanilla $\frac{1}{4}$ C. sugar

Beat cream until stiff, adding sugar, salt, and vanilla. Whites of eggs beaten stiff may be folded in. Turn into mold and freeze without stirring.

VARIATIONS, USING BASIC RECIPE

Prune Mousse

Cook $\frac{1}{2}$ lb. dried prunes with a little lemon peel in 3 C. water until soft, rub through strainer and add 8 T. sugar and 4 T. lemon juice. 1 t. gelatine may be added if needed.

Apricot Mousse

Cook $\frac{1}{2}$ lb. dried apricots in 3 or 4 C. water; add sugar to taste. 1 t. gelatine may be added if needed to thicken the pulp.

Strawberry Mousse

2 C. crushed strawberries and 1 C. sugar, stir until sugar is dissolved.

Peach Mousse

Peel and slice thin 2 C. soft, well ripened peaches, mash and put through ricer or coarse sieve, add 1 C. sugar and let stand one hour, soak 1 T. gelatine for 5 minutes in $\frac{1}{4}$ C. cold water and thoroughly dissolve by placing it over a pan of boiling water, add to crushed peaches, chill. When mixture is thoroughly chilled and is beginning to congeal, fold in 2 C. heavy cream which has been whipped stiff, pour into freezing trays and freeze without stirring. Serves from 6 to 8.

Pineapple Mousse

For mechanical refrigerator. Worked out by class in Home Economics,
Iowa State College

2 t. gelatine		
2 C. canned pineapple	2 T. lemon juice	$\frac{3}{4}$ C. sugar
(crushed) and juice	2 T. cold water	2 C. cream

Soak gelatine in cold water 5 minutes, heat pineapple to boiling, add sugar, lemon juice, and gelatine, cool. When mixture begins to stiffen fold into the stiffly beaten cream. Pour into freezing pans and freeze without stirring.

PARFAIT

Parfaits are made by pouring hot syrup slowly over beaten egg yolks or whites and when cold folding in whipped cream and flavoring. The syrup may be made with sugar and water, coffee, or fruit juices boiled until it spins a long thread when dropped from tip of spoon.

ANGEL PARFAIT

1 C. sugar		3 egg whites
$\frac{3}{4}$ C. water	1 T. vanilla	1 pt. whipping cream

Boil sugar and water until syrup threads from tip of a spoon, pour slowly on beaten whites of eggs and continue beating until stiff. Cool, add vanilla, whipped cream, put into mold and freeze.

MARSHMALLOW PARFAIT

Add to angel parfait 9 marshmallows cut in pieces.

BUTTERSCOTCH PARFAIT

Home Service Department, Iowa Railway and Light Corporation

$\frac{3}{4}$ C. brown sugar		$\frac{1}{8}$ t. salt
3 T. butter	$1\frac{1}{2}$ t. vanilla	$1\frac{1}{2}$ C. whipping
6 T. water	3 egg yolks	cream

Melt sugar and butter together in a saucepan, add water and cook until smooth, pour into well-beaten egg yolks, then cook in the top of double boiler, stirring the mixture until it is light and fluffy, fold into the stiffly beaten cream, add vanilla, put into mold and freeze. Nut crisp or butter crunch or peanut brittle may be added.

CARMEL PARFAIT

Foods and Cookery

- | | | |
|--------------------------------|------------------------|-----------------------|
| $\frac{1}{2}$ C. sugar | 2 or 3 egg yolks | $\frac{1}{4}$ t. salt |
| $\frac{1}{2}$ C. boiling water | $\frac{1}{4}$ C. sugar | 2 C. whipping cream |

Cook the $\frac{1}{2}$ C. sugar to caramel, add boiling water, stir, let cook until the caramel is dissolved and thickened slightly, beat egg yolks (three are better than two), add sugar and salt and beat again, then gradually pour on the caramel syrup while stirring in double boiler. Cook until the mixture thickens, then let chill, beat the cream until it is quite firm. Have a quart mold lined with paper and thoroughly chilled in salt and ice, fold whipped cream and caramel syrup together and turn into the prepared mold to fill it to overflowing, cover cream with paraffin paper and press the tin cover down over it on all sides, pack in equal measures of salt and crushed ice, let stand about 3 hours. When unmolded sprinkle with blanched almonds, sliced and browned in oven. May be put into mold of mechanical refrigerator to freeze.

BUNGALOW FRUIT PARFAIT

Home Service Department, Iowa Railway and Light Corporation

- | | | |
|------------------------|----------------|-----------------------------|
| 1 C. sugar | 1 t. vanilla | |
| $\frac{1}{2}$ C. water | 3 egg whites | 1 t. gelatine |
| $\frac{1}{4}$ t. salt | 2 medium sized | $\frac{1}{4}$ C. cold water |
| 2 T. lemon juice | bananas diced | 2 C. cream, whipped |

Boil sugar and water 5 minutes, add to egg whites which have been beaten stiff, then slowly pour the syrup mixture over the egg whites and add gelatine dissolved in cold water, cool and add whipped cream, vanilla, and fruit, pour into refrigerator tray and freeze 5 to 8 hours.

GOLDEN PARFAIT

Home Service Department, Iowa Railway and Light Corporation

- | | | |
|---------------------------|------------------------|--------------|
| $\frac{1}{2}$ t. gelatine | $\frac{1}{2}$ C. water | 1 pt. cream |
| 1 T. cold water | 6 egg yolks | 1 T. vanilla |
| 1 C. sugar | | |

Soak gelatine in cold water 5 minutes, boil sugar and water to 238°, pour slowly on beaten egg yolks, cook in double boiler until the mixture thickens, add gelatine and stir until cool, fold in the stiffly beaten cream, add vanilla and pour into freezing trays, freeze without stirring until mixture holds shape. Serve in parfait glasses.

BISCUIT TORTONI

To golden parfait recipe add $\frac{3}{4}$ C. crumbled macaroons, $\frac{3}{4}$ C. finely chopped almonds. Freeze.

MAPLE PARFAIT

Mrs. E. J. Engeldinger

- | | | |
|----------------------|--------|---------------|
| 1 C. maple syrup | 4 eggs | pinch of salt |
| 1 pt. whipping cream | | |

Heat syrup to boiling point, beat egg yolks slightly and add hot syrup, boil until quite thick, using double boiler, cool, add whipped cream and

fold in egg whites beaten stiff, pour into mold and pack in ice and salt, or into refrigerator trays to freeze.

CHOCOLATE PARFAIT

Mrs. W. F. La Grange

Cook 1 C. sugar and 1 C. water to 238° or to soft ball stage, pour slowly over the stiffly beaten whites of the 3 eggs, beating constantly until cool, fold in 2 sq. unsweetened chocolate that have been melted and cooled, 2 C. cream beaten until stiff, and 1 T. vanilla, mold, pack in 2 parts ice to 1 of salt, let stand 3 to 4 hours, or place in freezing trays of refrigerator unit and let stand 3 or 4 hours. Top with whipped cream and decorate with bits of sweet chocolate. Serves 8.

PINEAPPLE BUTTERSCOTCH PARFAIT

Mrs. H. O. Hickok

Boil $\frac{1}{2}$ C. white sugar, $\frac{1}{2}$ C. brown sugar, 1 T. butter, $\frac{1}{2}$ C. water until it forms a soft ball in water. Pour over two well beaten egg whites, chill, then fold in $\frac{1}{2}$ pt. whipped cream, $1\frac{1}{2}$ C. drained crushed pineapple, and 12 marshmallows, soak $1\frac{1}{2}$ t. gelatine in $\frac{1}{4}$ C. cold water and add to mixture, chill in refrigerator 2 hours or freeze in ice salt. Serves 8 persons.

PASTRY

*"What moistens the lip, and what brightens the eye;
What brings back the past like the rich pumpkin pie?"*

HINTS FOR GOOD PASTRY

In making pastry, everything should be kept as cool as possible.

If shortening is soft, the crust will be heavy and solid.

Obtaining a light, flaky, tender crust is largely dependent upon combining the necessary ingredients accurately and baking the pastry correctly.

The most common error in pie crust making is using too much water, and working or mixing the pastry too much, thus producing a heavy, soggy, rubbery, tough result.

Have all ingredients ready before beginning to mix the crust.

Always prick the pastry with a fork, when making a single shell.

Always perforate upper crust that steam may escape.

The rim of under crust should be brushed with water before putting on top crust. Press rims together to seal.

Methods of sealing pies are, by use of fork, or the thumb and finger, or, pastry jagger, a simple device for trimming pastry, makes rim with a fluted edge.

To keep fruit pies from running over put a strip of muslin wrung out of cold water and cut one inch wide and long enough to encircle the pan. Remove cloth immediately upon taking pie from oven.

To glaze crust brush top with beaten egg yolk diluted with 1 t. water, or brush with egg white, or brush with milk or sprinkle with sugar.

To keep under crust of a fruit pie from becoming soggy, mix 4 T. flour and 4 T. sugar together, spread on bottom crust. Put fruit in shell and sweeten to taste. Dot fruit with butter, brush lower rim with water and put on upper crust, then seal.

PIE CRUST

Mrs. Harry Brown

1½ C. flour

½ C. shortening

¼ C. water

pinch of salt

When measuring the shortening, first fill the cup with ½ C. water.

PIE CRUST

Mrs. J. L. Robinson

1½ C. sifted pastry

flour

½ t. salt

½ t. BP.

⅓ C. shortening

Sift dry ingredients together, cut in shortening, add just enough cold water to lightly bind ingredients. Put on lightly floured board, cut in half. Roll to about ¼ inch in thickness. Always roll away from you with quick light strokes.

BOILING WATER PIE CRUST

Mrs. R. E. Braun

Put 1 C. shortening in bowl. Pour over $\frac{1}{2}$ C. boiling water and beat until creamy. Add 3 C. flour, $\frac{1}{2}$ t. BP. and $\frac{1}{2}$ t. salt. Enough for two covered pies.

PIE CRUST (small double pie)

Mrs. Henry Ness

$1\frac{1}{3}$ C. flour
 $\frac{1}{3}$ C. fat.

$\frac{1}{3}$ t. salt

$\frac{1}{3}$ C. water (more if needed)

FLAKE PIE CRUST

Mrs. R. H. Harrison

$1\frac{1}{4}$ C. flour
 $6\frac{1}{2}$ T. shortening

$\frac{1}{4}$ t. salt

3 T. cold water

Makes two shells or one double crust pie.

APRICOT CREAM PIE

Mrs. C. W. McDonald

2 egg yolks
 3 T. flour (heaping)
 1 C. milk

1 T. butter
 1 C. sugar

$1\frac{1}{2}$ C. apricot pulp
 (dried apricots used)

Cook in double boiler as for any cream filling. When cool put in baked pastry shell and cover with the following meringue: 2 egg whites stiffly beaten and 8 T. granulated sugar. Combine egg whites and sugar and put over filling. Cover with diced marshmallows and brown in a 325° oven for 20 to 30 minutes.

BANANA CREAM PIE

Mrs. George Turner

3 bananas
 $\frac{2}{3}$ C. sugar
 2 T. corn starch
 2 T. flour

$\frac{1}{4}$ t. salt
 1 C. boiling water
 2 egg yolks

1 T. butter
 $\frac{1}{2}$ t. vanilla or $\frac{3}{4}$ t.
 lemon juice

Mix dry ingredients, then add boiling water and beaten egg yolks, butter and flavoring. Cook in double boiler until thick. Place a layer of sliced bananas in a baked pie shell and spread custard over them. Then place another layer of bananas, then the rest of the custard. Beat the 2 egg whites stiff and add a little sugar and flavoring. Place on top of the pie and brown lightly in a hot oven.

BANANA PIE

Mrs. O. P. Rutledge

butter size of
 walnut

2 egg yolks

$\frac{1}{2}$ C. sugar
 1 T. cornstarch

Scald $1\frac{1}{2}$ C. milk before adding above ingredients. Cook and cool. Bake crust, slice bananas over bottom. Beat whites of 2 eggs, add 1 T. sugar, spread over top. Brown lightly.

BLUEBERRY PIE

- | | | |
|------------------|------------------|-----------------------|
| 1 C. sugar | 1 T. lemon juice | 2 egg yolks |
| 2 C. blueberries | 2 T. flour | $\frac{1}{4}$ t. salt |

Mix sugar, flour, and salt and add to blueberries and cook 3 minutes, stirring constantly. Add egg yolks and lemon juice. Bake between 2 crusts.

BLUEBERRY PIE

- | | | |
|-----------------------------|------------------------|-----------------|
| 2 C. blueberries with juice | $\frac{3}{4}$ C. sugar | 1 T. butter |
| 1 T. cornstarch | 1 T. lemon juice | few grains salt |

Drain juice from blueberries and bring to a boil, add sugar to which cornstarch has been added. Cook until thick. Remove from fire and add other ingredients. Bake between 2 crusts.

CHERRY PIE

- | | | |
|----------------------|------------|-------|
| 2 C. seeded cherries | 2 T. flour | 1 egg |
| 1 C. sugar | | |

Mix well together and bake between 2 crusts.

CURRANT PIE

Mrs. Eva Heustis

- | | | |
|---------------------------|------------------|---------------------|
| 1 C. ripe mashed currants | 1 C. white sugar | 2 egg yolks, beaten |
| | 1 T. flour | 2 T. water |

Bake with under crust only. When done frost the top with well-beaten whites of 2 eggs and 2 T. of powdered sugar. Return to oven to brown.

PEACH PIE

Bake in 1 crust. Pare peaches and cut in half or use canned peaches, then take $\frac{1}{2}$ C. cream, $\frac{1}{2}$ C. sugar, 1 t. flour, stir together, pour over peaches and bake.

CHESS PIE

Mrs. W. E. Burton

Make pie crust and put in gem pans for individual pies. For the filling to be put into the raw crust mix together:

- | | | |
|------------|-------------------------|-------------|
| 1 C. sugar | $\frac{1}{2}$ C. butter | 3 egg yolks |
|------------|-------------------------|-------------|

Cook 1 C. of raisins and add them to the above mixture with 1 T. or so of juice of raisins and also add $\frac{1}{2}$ C. English walnuts. Fill the crust and bake. Cover with whipped cream.

CRUMB PIE

- | | | |
|-------------------------|----------|-------------------------|
| 2 C. flour | 2 t. BP. | $\frac{3}{4}$ C. butter |
| $1\frac{1}{2}$ C. sugar | | |

Mix together well. Set aside $\frac{3}{4}$ C. of mixture. Add:

- | | | |
|---------------------|-----------------------|--------------|
| 2 eggs, well beaten | $\frac{3}{4}$ C. milk | 1 t. vanilla |
|---------------------|-----------------------|--------------|

Mix together. Sprinkle $\frac{3}{4}$ C. crumbs over top and bake slowly. The above makes two pies.

ONE CRUST CURRANT PIE

2 eggs

1 $\frac{3}{4}$ C. red currants 1 $\frac{1}{4}$ C. sugar 1 T. flour

Line a medium sized pie pan with pastry. Mix together currants, sugar, egg yolks and flour. Pour into pie crust and bake. Use the whites as meringue. Brown in oven.

CHOCOLATE PIE

Mrs. K. W. Stouder

8 T. grated chocolate 4 T. melted butter 1 t. vanilla
3 T. cornstarch 2 egg yolks 2 egg whites, 1 T.
 $\frac{3}{4}$ C. sugar 1 $\frac{1}{2}$ C. milk sugar for meringue

Put 1 C. of milk in double cooker and start heating; sift dry ingredients together, beat egg yolks slightly, add remaining $\frac{1}{2}$ C. milk, mix together and add to the warm milk. Condensed milk may be used. Cook this cream very thoroughly 30 minutes. The success of this pie depends upon its smoothness and flavor which is only accomplished by this method. Add flavoring when cool.

The pie shell can be prepared and baked while the chocolate cream is cooking. Cool and fill the shell. For variation use the whole egg in mixture and top the pie with whipped cream flavored with almond.

CHOCOLATE CUSTARD PIE

Mrs. J. L. Robinson

1 $\frac{1}{2}$ t. butter $\frac{1}{2}$ C. sugar 1 $\frac{1}{8}$ C. milk
2 egg yolks 2 T. grated chocolate $\frac{1}{2}$ t. vanilla
3 $\frac{1}{2}$ t. cornstarch

Scald 1 C. milk with chocolate, sugar and butter. Add egg yolks, slightly beaten, and cornstarch, diluted with remaining milk, cook 10 minutes, stirring constantly until mixture thickens and afterwards just occasionally, then add vanilla. Fill a baked crust with mixture, cover with meringue and bake until firm and delicately brown. Condensed milk may be used.

CHOCOLATE PIE

Mrs. Elmer T. Korf

1 C. sugar 1 whole egg or 2 1 t. butter
1 sq. unsweetened yolks $\frac{1}{8}$ t. vanilla
chocolate pinch of salt
2 T. flour 1 $\frac{1}{2}$ C. milk

Cook all together, stirring constantly. Cool and use in baked shell. Top with meringue or whipped cream.

COCOANUT PIE

Mrs. C. H. Pasley

1 pt. milk 2 egg yolks $\frac{1}{2}$ C. grated cocoanut
 $\frac{1}{2}$ C. sugar 2 T. cornstarch pinch of salt

Heat milk, sugar and cocoanut together. When almost boiling add other ingredients and stir until thick. Add 1 t. vanilla. Pour into previously baked crust. Beat whites of eggs light, beat in a little sugar, sprinkle with cocoanut and brown lightly.

COCOANUT CREAM FILLING

Mrs. W. F. La Grange

$\frac{1}{2}$ C. sugar		1 t. vanilla
4 T. flour	2 egg yolks	$\frac{1}{2}$ t. lemon
$\frac{1}{8}$ t. salt	2 C. milk	$\frac{1}{2}$ C. cocoanut

Mix sugar, flour and salt, add egg yolks and milk and cook in double boiler until thick. Add extracts and cocoanut and pour into baked shell. Cover with cocoanut meringue.

Meringue

2 egg whites	$\frac{1}{3}$ C. cocoanut	3 T. sugar
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Make as any meringue and top pie and brown in oven.

CREAM PIE

Mrs. F. D. Paine

2 T. cornstarch		3 egg yolks
2 C. sweet milk	$\frac{1}{2}$ C. sugar	pinch of salt

Stir cornstarch with a little milk, add eggs, well beaten, sugar and salt, stir all into boiling milk, stirring constantly, flavor with 1 T. vanilla and pour into a baked pie shell. Cover with meringue, made of the 3 egg whites, and 4 T. sugar.

CREAM PIE

Mrs. Paxton

scant $\frac{1}{2}$ C. flour	salt	$\frac{1}{2}$ C. cream
$\frac{1}{4}$ t. BP.	2 C. milk	a little butter

Combine, cook 10 minutes, add vanilla and beaten whites of 3 eggs while hot. Serve with whipped cream and red raspberries or strawberries. Bake crust first. Makes large pie or can be used for individual pies.

CUSTARD PIE

Mrs. J. L. Robinson

4 eggs		3 C. milk
6 T. sugar	$\frac{1}{4}$ t. salt	little nutmeg

Beat eggs slightly, add sugar and milk, line plate with paste and build up a fluted rim. Add the mixture and sprinkle with few gratings of nutmeg. Bake in quick oven at first to set rim, decrease the heat afterwards, as eggs and milk in combination need to be cooked at low temperatures.

CUSTARD PIE

Mrs. E. E. Little

4 C. milk		few grains of salt
5 eggs	4 T. sugar	1 t. flavoring

Combine ingredients. Makes 2 pies. 1 T. chopped walnut meats sprinkled over top before baking gives a delicious flavor.

CUSTARD FRUIT PIE

Mrs. W. H. Jameson

$\frac{1}{4}$ C. flour		
$\frac{1}{2}$ C. sugar	$\frac{1}{8}$ t. salt	$\frac{1}{3}$ C. milk

Mix these together, then add $1\frac{2}{3}$ C. scalded milk, stirring constantly and cook in top of double boiler for 15 minutes. Remove from

stove and pour this hot mixture gradually over 3 beaten egg yolks, return to double boiler and cook 3 minutes longer. Chill thoroughly, then pour into the baked pie shell and top with $1\frac{1}{2}$ C. halved strawberries, raspberries or sliced peaches. Top with 1 C. whipped cream or with meringue of 3 egg whites and 6 T. sugar.

FAIRY FRUIT PIE

Belle Iverson

One pint of fruit either fresh or canned. Fresh strawberries, raspberries or bananas are excellent for this pie. Line pan with pie shell and bake. Beat 4 egg whites very stiff, fold in 4 T. sugar, add fruit with 4 T. sugar. Pour in pie shell and bake in a moderate oven for 15 minutes.

GRAHAM CRACKER PIE

Mrs. C. Coykendall, Mrs. H. L. Young

$1\frac{1}{2}$ C. scalded milk	1 T. cornstarch	pinch salt
2 egg yolks	$\frac{3}{8}$ C. sugar	$\frac{1}{2}$ t. vanilla

Cook in double boiler like custard. While cooling crush 13 graham crackers, add 2 T. sugar, $\frac{1}{4}$ C. melted butter. Mix, line pie pan leaving a few crumbs for top. Add custard. Beat egg white, add a little sugar, scatter crumbs on top pressing them in. Bake in a slow oven 25 minutes.

GRAHAM CRACKER PIE

Mrs. E. M. Mosher

12 graham crackers		
rolled	$\frac{1}{3}$ C. sugar	$\frac{1}{3}$ C. butter

Mix well and pat down on bottom of pie tin.

Custard

2 C. milk	2 egg yolks	season with cinnamon
$\frac{1}{3}$ C. sugar	2 T. cornstarch	and nutmeg

Boil custard until thick, pour over first part. Add beaten whites of 2 eggs, add 2 T. sugar. Spread on top of custard and sprinkle some cracker crumbs on top. Bake 20 minutes.

BUTTERSCOTCH PIE WITH CRACKER CRUST

Belle Iverson

12 graham crackers		
1 T. flour	$\frac{1}{4}$ C. sugar	3 T. melted butter

Roll crackers, add flour, butter, and sugar and pat mixture in tin, reserving $\frac{1}{2}$ of crumbs for top of pie.

Filling

2 eggs	$\frac{1}{2}$ t. salt	$1\frac{1}{2}$ T. flour
1 T. butter	1 C. brown sugar	1 C. rich milk

Beat egg yolks, sugar and butter together, add flour and salt, then the milk. Cook in double boiler. Reserve whites of eggs for meringue and cover with remaining crumbs.

BUTTERSCOTCH PIE

Mrs. B. E. McKelvey

2 C. light brown
sugar

4 heaping T. flour

2 C. milk

2 egg yolks

2 T. butter

1 t. vanilla

Mix sugar, flour, butter, egg yolks together then add milk and vanilla and cook until thick, stirring all of the time. Pour in baked pie shell and cover with meringue made from the egg whites. Makes one large pie.

BUTTERSCOTCH PIE

Mrs. L. R. Morris

1 C. dark brown
sugar

$\frac{1}{4}$ t. salt

$12\frac{3}{4}$ C. milk

3 T. flour

3 egg yolks

2 T. butter

1 t. vanilla

Mix the sugar, flour and salt and add the egg yolks, mixed with the milk. Mix carefully and cook in a double boiler until mixture is thick and creamy. Add butter and vanilla. Beat for 2 minutes. Pour into a baked shell, cover with a meringue and brown in a moderate oven.

BUTTERSCOTCH PIE

Mrs. C. F. Davis

$\frac{1}{2}$ C. dark brown sugar

1 T. butter

2 egg yolks

2 T. flour

2 C. milk

1 T. vanilla

Cook until thick, put in baked pie shell. Use egg whites for meringue.

ORANGE PIE FILLING

Mrs. W. A. Thompson

1 C. sugar

juice of small lemon

$\frac{1}{4}$ t. salt

$\frac{1}{3}$ C. flour

2 T. butter

1 large orange

1 C. orange juice

3 egg yolks

Mix sugar, flour, salt and grated rind. Add juice and cook in double boiler until thick. Add butter and egg yolks beaten lightly. Cook 2 minutes. Cool. Put in baked crust. Cover with meringue and brown.

ANGEL LEMON PIE

Reba Edwards, Wailukee, Maui, Hawaii

Juice and grated rind of 1 lemon, 3 T. water, $\frac{1}{2}$ C. sugar, 3 egg yolks well beaten, combine ingredients and cook until they boil. Beat 3 egg whites and add $\frac{1}{2}$ C. sugar. Fold hot custard into stiffly beaten egg whites and pour into baked crust. Place on top grate of oven until brown.

LEMON SPONGE PIE

Mrs. C. W. McDonald

Cream 1 C. sugar, 2 egg yolks, 2 T. butter, and add the following:
2 T. flour
1 C. milk

1 lemon rind and
juice

Fold in the stiffly beaten whites of 2 eggs. Line a tin with paste, put in filling and bake in a moderate oven for 45 minutes.

CHIFFON LEMON PIE

*Mrs. C. R. Jones*1 lemon, juice and
grated rind

1 C. sugar

3 egg yolks

Beat and cook in double boiler, stirring constantly. When done fold in the beaten whites and pour in the baked crust. Place under the flame of the broiler to brown for a few minutes.

LEMON PIE

Mrs. Lynn R. Morris

4 T. flour

1 C. sugar

2 egg yolks

1 T. butter

2 C. boiling water

juice of 1 lemon

 $\frac{1}{4}$ t. salt

Mix the flour and sugar. Add boiling water, stirring the mixture as the water is added. Stir and cook over a low flame for 15 minutes. Put the egg yolks into a bowl and beat them slightly. Pour a portion of the hot sugar and starch mixture in the egg yolks to thicken. Remove from the flame and add lemon, butter and salt and mix these ingredients. Cover with a meringue prepared with the egg whites.

LEMON PIE

*Belle Iverson*1 lemon, juice and gra-
ted rind

2 egg yolks beaten light

1 C. sugar

3 T. corn starch

 $\frac{1}{2}$ t. salt

2 T. butter

1 C. orange juice and
pulp $1\frac{1}{2}$ C. water

Beat egg yolks and add dry ingredients, add liquids, lemon rind, and butter. Cook in double boiler until thick. Pour into baked shell and cover with meringue (2 egg whites beaten stiff, add 4 T. sugar and 1 t. lemon juice).

LEMON CAKE PIE

Mrs. B. E. McKelvey

1 C. sugar

2 T. butter

2 T. flour

1 lemon, juice and
grated rind

2 eggs

1 C. milk

Cream sugar and butter, add lemon juice and grated rind, flour and egg yolks, well beaten, and lastly the milk and fold in the whites well beaten. Put in pie tin lined with rich crust and bake in slow oven like custard pie.

LEMON PIE

*Mrs. L. L. Clement*1 C. soft bread
crumbs

1 T. butter

1 C. boiling water

juice and rind
of 1 lemon

1 C. sugar

 $1\frac{1}{2}$ t. cornstarch
stirred into

3 egg yolks

Pour boiling water over bread crumbs and butter. Add other ingredients, cook in double boiler until thick, then pour into baked crust. Cover with stiffly beaten egg whites to which 3 or 4 T. of sugar have been added and brown quickly.

LEMON PIE

Mrs. Lydia C. Tilden

Beat an egg, add 1 C. sugar, 1 T. flour, grate a little of 1 lemon rind, add juice and 3 T. sweet milk. Warm. Make two crusts, $1\frac{1}{2}$ C. flour, $\frac{1}{4}$ C. water, $\frac{1}{4}$ t. BP., $\frac{1}{4}$ t. salt, $\frac{1}{2}$ C. shortening. Line pie pan with crust, pour in warm mixture, cover with top crust and bake.

LEMON-RAISIN PIE

Mrs. Elmer T. Korf

Cook, cool, and use to fill well baked pie shell.

- | | | |
|---------------------|---------------------|----------------------|
| 1 C. seeded raisins | 2 T. flour | 2 T. butter |
| 1 C. cold water | juice of 1 large or | 1 whole egg or yolks |
| 1 C. sugar | 2 small lemons | of 2 |

This makes one large, or two small pies. Top with meringue or whipped cream. Nut meats may be added if desired.

MOCK MINCE MEAT

Mrs. J. H. Williams

- | | | |
|----------------|--------------------------|-----------------------|
| 3 eggs | $\frac{1}{2}$ C. vinegar | 1 t. cinnamon |
| 1 C. sugar | 4 crackers rolled | 1 t. cloves |
| 1 C. molasses | 1 C. chopped raisins | 1 t. nutmeg |
| 1 C. hot water | | $\frac{1}{4}$ t. salt |

Pour the cup of hot water over the cracker crumbs and add butter the size of an egg, stir all together and this will be sufficient mixture for 3 pies. Bake in 2 crusts.

MINCE MEAT

Mrs. E. B. Bush

Cook slowly, 6 or 7 lb. of beef neck. Simmer down until a very little water is left. Let stand in juice until cold.

- | | | |
|----------------------|-----------------------------------|---------------------------------------|
| 3 qt. chopped meat | 1 qt. molasses | $\frac{1}{2}$ lb. candied orange peel |
| 5 qt. chopped apples | 1 glass of jelly (any kind) | $\frac{1}{2}$ lb. candied lemon peel |
| 1 qt. chopped suet | grated rind and juice of 3 lemons | 2 T. cinnamon |
| 2 pkg. raisins | 1 lb. citron (not too fine) | 1 T. cloves |
| 1 pkg. currants | | 1 T. allspice |
| 1 pt. vinegar | | 1 qt. sweet pickle juice |
| 2 qt. brown sugar | | |
- Do not cook.*

MINCE MEAT

Mrs. J. L. Robinson

- | | | |
|--------------------------|-------------------------|--|
| 3 C. chopped cooked meat | $1\frac{1}{2}$ C. suet | 3 lemons |
| 9 C. chopped apples | 3 C. meat liquid | 6 oranges |
| 5 C. raisins | 6 t. salt | 3 T. citron |
| 3 C. currants | 2 t. cloves | 4 glasses of jelly (any kind) |
| 1 C. molasses or sor-gum | $\frac{1}{2}$ t. ginger | $1\frac{1}{2}$ pts. sweet pickle juice |
| 3 C. sugar | 4 t. cinnamon | |
| | 1 t. mace | |

Cook 25 to 30 minutes or until raisins and apples are tender. Seal in sterile pint jars while hot. This amount makes 10 to 12 pt.

PECAN PIE

Mrs. Floyd M. Williams

$\frac{1}{2}$ C. sugar	$\frac{3}{4}$ C. pecan meats,	1 C. white syrup
butter size of walnut	broken in pieces	$\frac{1}{2}$ t. vanilla

Cream butter and sugar, add eggs, 1 at a time, broken into sugar mixture and beaten with spoon, add nut meats, vanilla and syrup. Pour into unbaked crust and bake in moderate oven 325° or 350° as you would a custard pie. Serve with whipped cream if preferred.

PECAN PIE

Mrs. Henry Ness

1 C. dark corn syrup	3 eggs beaten	$\frac{1}{2}$ C. chopped pecans
1 C. brown sugar		

Bake in shell as old fashioned custard. Serve with whipped cream and garnish with half pecans.

PINEAPPLE PIE FILLING

Mrs. G. B. MacDonald

2 C. grated pineapple	$\frac{1}{2}$ t. salt
6 T. cornstarch	1 C. sugar
2 T. water	

Mix dry ingredients, then liquids and cook in double boiler, stirring occasionally for 20 minutes, add: 1 T. lemon juice, $\frac{1}{2}$ t. vanilla, 1 T. butter. Beat all together for 1 minute, pour into baked pie crust. Serve cold with whipped cream.

PINEAPPLE MERINGUE PIE

Mrs. Harry Davis and Mrs. R. S. Stephenson

Mix $\frac{1}{2}$ C. sugar, $\frac{1}{8}$ t. salt and 2 T. cornstarch and slowly add $1\frac{1}{2}$ C. hot milk. Cook in double boiler until thick (about 40 minutes), pour onto 2 egg yolks, return to boiler and cook until eggs thicken (about 3 minutes.) Cool and add 1 C. well drained crushed or grated pineapple and $\frac{1}{2}$ t. vanilla. Pour into a baked crust and cover with meringue made of 2 stiffly beaten egg whites and 2 to 4 T. powdered sugar. Brown quickly in a hot oven.

PINEAPPLE PIE

Mrs. J. H. Williams

$1\frac{1}{2}$ C. sugar		
$\frac{1}{2}$ C. flour	butter size of	1 large can
2 egg yolks	walnut	grated
		pineapple

Stir all together then cook in double boiler until thick. Put in baked crust and frost with whites of egg in usual way and brown lightly.

PINEAPPLE AND RAISIN FILLING

Mrs. B. J. Firkins

1 C. raisins	2 T. flour
$\frac{1}{2}$ C. brown sugar	$\frac{1}{2}$ t. salt
	1 C. grated pineapple

Cover raisins with water and boil until tender then add other ingredients, the pineapple last.

PRUNE PIE

Mrs. J. H. Williams

To one pt. of stewed, stoned, and chopped prunes, add 3 T. of the liquid they were cooked in, $\frac{1}{2}$ C. sugar, a little lemon juice and t. orange extract. Bake between 2 crusts.

PUMPKIN PIE

Mrs. J. L. Robinson

$1\frac{1}{2}$ C. pumpkin		1 t. cinnamon
1 C. milk	$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ t. allspice
$\frac{1}{2}$ C. cream	2 eggs	1 t. cloves
4 T. butter	$\frac{1}{2}$ t. ginger	little salt and pepper

Pour in unbaked shell. Place in hot oven for 5 minutes then turn gas low. Bake until firm.

PUMPKIN PIE

Mrs. C. W. McDonald

2 C. strained pump-	1 C. brown sugar	$\frac{1}{4}$ T. cloves
kin	2 C. scalded milk	$\frac{1}{4}$ T. allspice
3 egg yolks	$\frac{1}{4}$ t. salt	$\frac{1}{4}$ T. nutmeg

Pour in an unbaked shell. Bake as a custard pie.

RAISIN PIE

Mrs. Henry Dobbe

$1\frac{1}{2}$ C. seeded raisins		
$1\frac{1}{2}$ C. boiling water	$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ lemon grated rind
1 T. flour	1 T. butter	and juice

Cook raisins in boiling water until tender. Mix flour and sugar, add to raisins, stir until thick. Add lemon and butter, then cool. Line pie tin with pastry, pour filling in and cover with top crust, bake.

RAISIN PIE

$1\frac{1}{2}$ C. seeded raisins		
1 C. water	1 T. cornstarch (or	1 T. vinegar
$\frac{1}{2}$ C. sugar	flour)	$\frac{1}{4}$ t. salt

Wash raisins, add water and bring to a boil, add sugar, salt, vinegar, and cornstarch which has been mixed with a little cold water; boil 3 minutes, put in pie crust add top crust, brush with cold water, bake.

RAISIN PIE

Mrs. Will Templeton

1 C. cream (sweet)		
1 egg	1 C. raisins	$\frac{3}{4}$ C. sugar

Beat egg, mix all ingredients and bake as custard pie.

RHUBARB CUSTARD PIE

Mrs. Alvin Lewis

Pour boiling water over 2 C. of rhubarb cut in small pieces. After 4 or 5 minutes, drain off the water. Mix the rhubarb, 1 C. sugar, 1 t. of butter, 1 T. of flour, the beaten yolk of 1 egg, 3 T. of cold water. Stir

all together and turn into pan lined with pastry. Bake in slow oven as for ordinary custards. Use the white of egg for meringue. Sufficient for 1 large pie.

SOUR CREAM PIE

Mrs. A. T. Erwin

- | | | |
|-----------------|--------------------------|---------------------------|
| 1 C. sugar | | |
| 1 C. sour cream | 1 egg white | $\frac{1}{2}$ t. cinnamon |
| 3 egg yolks | $\frac{1}{2}$ C. raisins | $\frac{1}{4}$ t. cloves |
- Use remaining 2 egg whites for meringue.

SOUR CREAM PIE

Mrs. H. O. Hickok

- | | | |
|-----------------------|---------------------------|-------------------------|
| 1 C. thick sour cream | 1 t. vinegar | $\frac{1}{2}$ t. cloves |
| 1 egg | 1 C. chopped raisins | nutmeg and a little |
| 1 C. sugar | $\frac{1}{2}$ t. cinnamon | salt |
- Bake in 2 crusts.

TARTS OR INDIVIDUAL PIES

Same as pies. Cut into round pieces and fit carefully into muffin or individual pie tins. Prick with a fork to prevent blistering during baking. Place in a hot oven, 400°, and bake until nicely brown. When cool add the filling and top with meringue. Replace to moderate oven long enough to brown the surface.

RAISIN TARTS

Mrs. J. W. Woodrow

- | | | |
|----------------------|------------------------|------------------|
| 1 lb. seeded raisins | $\frac{1}{4}$ C. sugar | 2 T. lemon juice |
|----------------------|------------------------|------------------|
- Add a little water and cook together slowly for at least 20 minutes, cool. Make a rich pie crust, cut it in squares and bake in gem pans, pinking the corners of crust to make 4 points. When cool fill with mixture and serve with whipped cream.

BANBURY TARTS

- | | | |
|------------------------|----------------------|---------------------|
| 1 C. chopped raisins | 1 medium size lemon, | 1 egg beaten |
| $\frac{1}{2}$ C. sugar | rind and juice | 3 T. cracker crumbs |
- Mix all the ingredients. Heat over hot water until thick. Make small turnover using ordinary pastry. Bake about 20 minutes in hot oven. Should make 12 to 15 small tarts.

FANCY CAKES, DROP CAKES, COOKIES, DOUGHNUTS, GINGER BREAD AND CONFECTIONS

*"With weights and measures just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete."*

DEVIL'S FOOD SQUARES

Mrs. Frank Gould

1 C. sugar	2 sq. chocolate	pinch of salt
1 C. fat	1½ t. BP.	1 t. vanilla
1 egg	1⅞ C. pastry flour	½ C. boiling water

Add water to chocolate, let melt and cook until it is rather thick, stirring all the time. Mix all together until smooth. Add 1 t. soda dissolved in boiling water to mixture. Bake in shallow pan. Cut in squares and cover with frosting. Put nut meats on top.

MOCHA CAKES

Mrs. Frank Kerekes

Bake a sponge cake in a sheet (should be nearly an inch in thickness). Cut in small rounds spread lightly with mocha cream, then roll in nuts chopped (cocoanut, pecan nuts or walnuts may be used). With pastry bag and star tube mocha cream may be piped round and round over top of the cake. Finish with a maraschino cherry in the centre.

Mocha Cream

1 C. butter		coffee extract to
1 egg yolk	2½ C. powdered sugar	taste

About ¼ C. black coffee is needed. A very little caramel will heighten color.

WHITE PEANUT SQUARES

Mrs. Proper

1 t. vanilla	cream to consistency of	1 C. cold water
¾ C. butter and 1 C. sugar	whipped cream	3 C. flour sifted 8 times with 3 t. BP.
	6 egg whites	

Add the flour mixture and water alternately to the butter and sugar until all is used, beat egg whites very stiff and mix 1 C. sugar with whites and add to batter. Bake in sheet 30 or 40 minutes. When cold cut in squares and frost with the following: 1 lb. powdered sugar, 1 T. melted butter and cream enough so it will spread. Ice squares all over and roll in ground peanuts. 1 lb. nuts.

PEANUT ROLLS

Mrs. George Turner

Beat 3 eggs for 5 minutes. Add 1 C. sugar and beat thoroughly, add

1 t. vanilla and 1 C. flour which has been sifted with 1 t. BP. Then stir into this mixture 4 T. of water that has been heated but not boiled. Bake in a pan about 8 x 10 inches, cool and cut in oblong pieces. Should make about 32 pieces.

Icing

Cream 1 C. butter and add 2 C. powdered sugar, flavor and spread on pieces of cake. Grind 2 C. of peanuts and roll the iced pieces of cake in the ground peanuts.

LADY FINGERS

Mrs. Frank Kerekes

3 egg whites	2 egg yolks	$\frac{1}{8}$ t. salt
$\frac{1}{3}$ C. powdered sugar	$\frac{1}{3}$ C. flour	1 t. vanilla

Beat whites till stiff and dry, add sugar gradually and continue beating, then add yolks which have been beaten till thick and lemon colored, add vanilla, fold in flour sifted with salt. Shape with pastry tube on paper covered baking tin, or bake in shallow cake pan and cut into strips the size of lady fingers.

SPONGE DROPS

Mrs. Frank Kerekes

4 eggs	pinch of salt	1 t. flavoring
1 C. powdered sugar	$\frac{1}{4}$ t. cream of tartar	$\frac{3}{4}$ C. cake flour

Eggs should be beaten until light and lemon colored, the sugar, salt and flavoring are added next and the mixture rolled gently in the flour to which cream of tartar has been added. Spoonfuls of the batter are then dropped in the cookie pan and sprinkled with powdered sugar. These should be baked in a slow oven.

JUMBLES

Mrs. L. C. Tilden

$\frac{1}{3}$ C. butter		1 C. flour
$\frac{1}{2}$ C. sugar	grated rind of $\frac{1}{2}$	$\frac{1}{3}$ t. salt
1 egg	lemon	1 t. BP.

Beat the butter and sugar to a cream, add the egg, previously well beaten, the grated lemon rind, and then the flour, salt and BP. previously sifted together. Drop by spoonfuls on a greased pan and bake about 10 minutes in a rather hot oven.

ROCKS

Mrs. Howard Adams

3 eggs		1 t. soda
2 C. sugar	1 C. sour cream	$\frac{1}{2}$ C. nuts
$\frac{1}{2}$ C. shortening	4 C. flour	1 C. raisins

Mix and drop from teaspoon on cookie pan, bake in moderate oven 20 minutes.

SCOTCH SHORTBREAD

Mrs. E. M. Mosher

$1\frac{1}{2}$ C. pastry flour		1 C. butter
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ C. corn starch	$\frac{1}{2}$ C. sugar

Sift flour, salt and corn starch together twice, cut in the butter with a knife and continue kneading until dough is very soft. Break off pieces one inch in diameter and press out flat on a baking sheet, mark top with a fork and bake in a slow oven. To be served with afternoon tea.

BLARNEY STONES

Mrs. W. H. Best

2 C. sugar
4 egg yolks
2 C. flour

4 t. BP.
 $\frac{1}{4}$ t. salt

1 C. boiling water
vanilla
whites of 4 eggs

Cream sugar and beaten eggs, add flour, BP., salt, boiling water and fold in beaten egg whites. Bake in sheet 20 minutes at 350°, cut in squares, frost on all sides and roll in chopped peanuts. To 1 C. soft butter, add powdered sugar to make an icing that spreads easily.

CREAM PUFFS

Put together in stew pan 1 C. hot water and 2 T. butter, when boiling sift in 5 T. flour, stir smooth and cook until batter leaves sides of pan. Add 1 egg unbeaten and beat it into the batter, repeat till three eggs have been added. Drop by spoonfuls on baking sheet, bake in moderate oven and test the same as cake. When cool, remove top with scissors, add filling, replace top and sprinkle with powdered sugar.

Cream Puff Filling

Stir together yolks of 2 eggs, 2 T. sugar and 1 T. cornstarch, add 2 C. milk and cook in double boiler, stir and cook until thick like custard. Add a piece of butter size of a walnut and flavor to taste. Nut meats may be added.

CREAM PUFFS

Mrs. C. B. Ash

1 C. hot water

$\frac{1}{2}$ C. butter

Boil together and while boiling stir in 1 C. dry flour. When cool, add 3 eggs 1 at a time, pinch of salt, mix well and drop by tablespoon on a buttered pan. Bake in oven 25 minutes at 400°.

Filling

$\frac{3}{4}$ C. sugar
3 T. flour

1 C. milk or part
cream

1 t. vanilla
2 eggs

Open and fill puffs, sprinkle a little powdered sugar over top.

CUP CAKES

Mrs. Geo. Hultz

1 C. sugar
 $\frac{1}{2}$ C. butter
 $\frac{3}{4}$ C. milk

2 egg whites or 1
whole egg

3 t. BP.
1 t. vanilla
2 C. flour

Variations: (1) 2 T. chocolate, (2) 1 egg yolk added, (3) spices added, (4) raisins added or dates.

RAISIN CUP CAKES

2 C. raisins
2 C. water
1 t. cinnamon

$\frac{1}{2}$ t. nutmeg
 $\frac{1}{4}$ t. cloves
1 t. soda

$\frac{1}{2}$ C. sugar
 $\frac{1}{2}$ t. BP.
3 C. flour
 $\frac{1}{2}$ C. butter

Combine ingredients and bake in muffin or cake pans.

SOUR CREAM CUP CAKES (Spice)

Mrs. Frank S. Edge

1 C. sugar		1/4 t. cloves
pinch salt	sour cream	1 t. soda
1 egg	1 t. cinnamon	1 1/2 C. flour

Break 1 egg in measuring cup, fill with sour cream in which soda has been dissolved, add other ingredients and bake in cup cake tins.

LIGHTNING TEA CAKES

Mrs. J. A. Wilkinson

Place flour sifter in mixing bowl, put in 1 1/2 C. flour, 3/4 C. sugar, 2 t. BP. and 1/2 t. salt, sift together. In measuring C., melt 1/4 C. butter, break in 2 eggs, fill up cup with milk, add 1/2 t. flavoring, mix with dry ingredients and beat well 2 or 3 minutes. Bake in greased muffin tins 12 or 15 minutes. Makes 12.

TEA CAKES

Mrs. A. B. Maxwell

2/3 C. sweet milk		
1 C. sugar	2 C. flour	flavoring
1/2 C. butter	4 t. BP.	2 eggs, well beaten

CINNAMON TEA CAKES

Mrs. Henry Wilson

1 C. butter	1 C. milk	2 t. BP.
2 C. sugar	4 eggs	2 1/2 C. flour

Cream sugar and butter, add beaten eggs, milk, mix flour and BP. Bake in two layer pans. Cover with 1 C. sugar, 2 T. cinnamon, 1 C. ground or chopped nut meats, bake at 330°. Cut in squares or oblongs.

COOKIES

Mrs. E. A. Pattengill

1 2/3 C. butter	3/4 C. blanched almonds	4 C. flour
1 C. sugar		1 t. vanilla

Cream the butter and sugar, combine ingredients. Take a piece of dough the size of an English walnut, roll and shape into crescents. Bake in slow oven for 30 minutes.

BROWN SUGAR COOKIES

Cora B. Hoke

2 C. brown sugar	1 t. vanilla	1 t. soda
1 C. butter	1 C. sour cream	3 eggs

Mix soft as possible to roll and bake.

BUTTER COOKIES

Mrs. Peter Johnson

1 lb. butter	3 C. flour	1 t. vanilla
1 C. powdered sugar	1 t. almond extract	almonds—grated

Work dough thoroughly, put through tube, forming small rings, and bake on cookie sheet. Will make 135.

SAND TARTS

Mrs. Frank Kerekes

1/2 C. butter	blanched almonds	1 egg white
1 C. sugar	1 3/4 C. flour	1 T. sugar
1 egg	2 t. BP.	1/4 t. cinnamon

Cream the butter, add sugar gradually, and egg well beaten, then add flour mixed and sifted with BP. Chill, toss mixture on a floured board and roll 1/8 inch thick. Shape with a doughnut cutter, brush over with white of egg, and sprinkle with sugar mixed with cinnamon. Split almonds, and arrange three halves on each at equal distances. Place on a buttered sheet, and bake 8 minutes in a slow oven.

MOLASSES COOKIES

Mrs. F. R. White

2 eggs	1 C. butter	1 t. ginger and other
1 C. sorghum molasses	2 t. soda dissolved in	spices desired
1/2 C. sugar	1/4 C. hot water	flour to roll

ICE CREAM COOKIES

Mrs. Frank S. Edge

1/2 C. sugar	3/4 C. flour	1/2 t. vanilla
1/2 C. butter	1 egg	1/2 C. pecan meats
1/4 t. salt		

Cream sugar and butter, add other ingredients and drop by small teaspoon (the size of a marble) on pan.

SOUR CREAM COOKIES

Mrs. W. H. Jameson

1 C. sour cream		1 t. nutmeg
3/4 C. butter	2 C. sugar	flour to make a soft
2 eggs	1 t. vanilla	dough
1 t. soda	1 t. lemon extract	1/2 t. salt

Cream sugar, butter and beaten egg yolks, add sour cream with soda in it, spices and extracts, last the beaten egg whites and the flour, roll out into soft dough a little at a time. Dip each cookie in sugar just before baking and bake in fairly hot oven.

SOUR CREAM COOKIES

Mrs. C. F. Davis, Mrs. E. M. Kooker

1 C. sugar		1 t. soda
1/2 C. butter	1/2 C. sour cream	1 t. BP.
1 t. lemon extract	1 egg	flour for soft dough

Roll, cut and bake in hot oven. Makes 30 cookies.

Mrs. Henry Wilson uses 1 C. butter.

LACE COOKIES OR WAFERS

Mrs. A. Marston

Slowly heat to boiling point 1 C. molasses (mild), 1 C. sugar, 1 C. butter, boil 1 minute, then remove from fire, add 2 C. flour, 1 t. BP., and

$\frac{1}{2}$ t. soda sifted together, stir well. Set pan in vessel of hot water to keep batter from hardening. On buttered baking sheets or inverted dripping pans drop $\frac{1}{4}$ t. of batter 3 inches apart, bake in moderate oven until brown. Cool slightly, then lift off carefully with spatula before they harden.

HOLIDAY COOKIES

1 C. butter	1 t. BP.	2 C. raisins ground
2 C. brown sugar	2 t. vanilla	1 C. pecans ground
3 eggs well beaten	$\frac{1}{2}$ t. soda	4 (or more) C. flour

BRIDGE COOKIES

$\frac{1}{2}$ C. butter	$\frac{1}{8}$ t. salt	$1\frac{1}{2}$ C. flour
1 C. sugar	1 t. vanilla	1 t. BP.
4 egg yolks		

Will make about $2\frac{1}{2}$ dozen.

WHITE SUGAR COOKIES

Mrs. F. R. White

4 C. sugar	2 C. shortening	2 t. soda
2 eggs	2 C. buttermilk	1 t. BP.

Salt and nutmeg if desired, mix very soft and bake in hot oven.

WHITE SUGAR COOKIES

Florence Walls

1 C. sugar (well browned)	1 C. butter and lard mixed	4 C. flour
1 C. water added	2 eggs	1 t. soda
$1\frac{1}{2}$ C. sugar (in addition to burnt sugar)	1 C. sour milk	1 t. BP.
		1 C. nuts
		1 t. vanilla

Mix dry ingredients, melt butter and lard, add to milk, mix with dry ingredients, add eggs, drop from spoon and bake.

MRS. BARRETT'S COOKIES

Mrs. C. F. Curtiss

2 C. granulated sugar	$\frac{1}{2}$ t. each of vanilla and lemon	$\frac{1}{2}$ t. soda
1 C. $\frac{1}{2}$ butter and $\frac{1}{2}$ drippings, melted	$4\frac{1}{2}$ C. flour, scant	3 eggs, beaten
		$\frac{1}{2}$ C. sweet milk

Roll thin, sprinkle with caraway seed or with chopped nuts, sugar and cinnamon, cut and bake. Do not oil the pans.

PINWHEEL COOKIES

$\frac{1}{2}$ C. butter	$1\frac{1}{2}$ C. sifted flour	$\frac{1}{8}$ t. salt.
$\frac{1}{2}$ C. sugar	3 T. milk	$\frac{1}{2}$ t. vanilla
1 beaten egg yolk	$1\frac{1}{2}$ t. BP.	1 oz. chocolate

Cream butter, add gradually sugar, egg yolk, and beat mixture well, add milk, flour sifted with BP. and salt, add vanilla extract, divide dough into halves. To one-half of the mixture, add chocolate which has been melted, roll white dough into a thin rectangular sheet, then roll the chocolate mixture into a sheet the same size. Place chocolate dough over the white and gently press together. Roll up as for jelly roll into a tight

roll about 2 inches in diameter. Set in ice box, cut in thin slices, and place cut side down on a buttered cookie sheet. Bake in a moderate oven for about 8 to 10 minutes. Makes 48 cookies.

CHOCOLATE DROP COOKIES

Mrs. Frank Kerekes

1 C. brown or white sugar	1 1/2 C. flour	1 egg
1/2 C. butter	1/2 t. soda with sour milk or	vanilla
1/2 C. milk, sweet or sour	2 t. BP. with sweet milk	2 sq. chocolate
		1 C. chopped nuts
		(24)

CHOCOLATE BROWNIES

Mrs. F. P. Reed

1/4 C. butter		1 C. flour
1 C. sugar	2 sq. chocolate (melt- ed)	1/8 t. salt
2 eggs (unbeaten)	1/4 C. milk	1/2 C. (or more) chopped nut meats
1 t. vanilla		

Cream butter, add sugar, chocolate and eggs, beat vigorously for 2 minutes, add milk, vanilla, flour, salt and nut meats, beat vigorously 3 minutes. (This beating is the secret of good brownies.) Pour the mixture into a square cake pan lined with waxed paper. Bake in moderate oven 20 to 25 minutes. Serve in bars 1 x 3 inches.

Mrs. J. L. Robinson uses 1 t. BP.

CHOCOLATE COOKIES

Mrs. Frank S. Edge

1 C. brown sugar		1/2 cake melted chocolate
1/2 C. butter	1/2 t. soda (in milk)	
1 egg	1 t. vanilla	1/2 C. nut meats
1/2 C. sour milk	1 1/2 C. flour	1/2 C. moist raisins

Drop by spoon on greased pan.

CHOCOLATE COOKIES

Mrs. J. L. Robinson

1 C. sugar	1/2 t. soda (save little milk to dissolve soda)	1 C. nuts
1/2 C. melted butter		1 C. cooked raisins
1 egg beaten lightly		2 C. flour
3/4 C. milk	2 sq. melted chocolate	1 t. BP.

Mix as any cookie. Drop by teaspoon on greased cookie sheet.

ICE BOX BUTTERSCOTCH COOKIES

Mrs. Waldo McDowell

1 C. butter		1 t. soda in little hot water
1 C. walnut meats mixed in flour	2 eggs well beaten	
	3 C. flour	1 t. vanilla
2 C. brown sugar	1 t. cream of tartar	speck of salt

Add a little more flour if necessary, mix ingredients well, shape in a loaf and let stand in a cool place over night. In the morning slice thin and bake. These may be kept indefinitely in the ice box.

ICE BOX COOKIES

Mrs. Peter Johnson

- | | | |
|------------------|---------------------|----------------|
| 2 C. brown sugar | | 1/2 t. BP. |
| 1 C. butter | 3 C. flour | 1 C. nut meats |
| 2 eggs | 1/2 t. cream tartar | 2 T. cocoa |

Mix well, take 1/2 of dough and add 2 T. cocoa and mix well. Roll out dough that does not have cocoa in it, then roll out dough with cocoa and place on top of first. Roll the two together in long roll, put in cold place over night. Cut thin and bake in hot oven.

ICE BOX COOKIES

Mrs. Craig Stephenson

- | | | |
|------------------------|--------------------|------------------------------|
| 1 C. granulated sugar | | |
| 1 C. light brown sugar | 1/2 C. lard | 1 C. nuts, almonds preferred |
| 3/4 C. butter | 3 eggs well beaten | |

Sift together the following and add by degrees:

- | | | |
|----------------|-----------|-------------|
| 1 T. cinnamon | | 1 t. BP. |
| 3 1/2 C. flour | 1 t. soda | 1/8 t. salt |

Shape in a round loaf, let stand in ice box or cool place over night, slice off and bake.

CHOCOLATE ICE BOX COOKIES

Mrs. J. L. Robinson

- | | | |
|------------------------|-------------------------|----------------|
| 1 C. butter | 3 sq. chocolate, melted | 3 1/2 C. flour |
| 2 C. light brown sugar | 1 t. vanilla | 3 t. BP. |
| 3 eggs, well beaten | 1/4 C. milk | 1/4 t. salt |

Cream fat and sugar for 2 minutes, add eggs, chocolate, salt, vanilla and milk, beat 3 minutes, add rest of ingredients and shape dough in 2 rolls. Chill for 12 hours. Cut off very thin slices and place on greased baking sheet. Bake in moderate oven for 10 minutes.

ICE BOX COOKIES

Mrs. M. Dutch

- | | | |
|--------------------|------------|----------------|
| 2 C. sugar (white) | | 1 t. vanilla |
| 1 C. butter | 2 C. flour | 1/2 C. raisins |
| 2 eggs | 3 t. BP. | 1/2 C. walnuts |

MRS. BIGELOW'S GINGER COOKIES

Mrs. L. C. Tilden

- | | | |
|-------------|----------------|--------------|
| 1 C. butter | | 1 C. sorghum |
| 1 C. sugar | 1 C. sour milk | 3 egg yolks |

Stir into milk 4 t. soda, 1 T. ginger, flour enough to handle easily and add 1 t. soda to the flour (5 t. soda in all). Knead a little, then roll out and cut in any desired shape. These are especially nice with a boiled frosting.

FINE GINGER COOKIES

Mrs. J. H. Williams

- | | | |
|--------------------|---------------|------------------------|
| 1 C. sugar | little salt | 1 t. cinnamon |
| 1 C. melted butter | 2 beaten eggs | 2 t. soda dissolved in |
| 1 C. molasses | 1 t. ginger | 1/2 C. cold water |

Add flour to make a dough, so you can handle, roll, and then bake quickly.

GINGER SNAPS

Mrs. B. F. Knudson

2 C. sugar	3 t. soda	1 t. vanilla
1 C. butter	2 eggs	1 t. salt
1 C. molasses	1 T. vinegar	1 t. ginger

Dissolve soda, combine ingredients, add flour to make stiff, drop from teaspoon on buttered pan, and pat slightly to rounded shape. Bake in hot oven.

GINGER DROPS

Mrs. E. E. Little

1 C. molasses	1 t. each of ginger	2 t. soda in
$\frac{1}{2}$ C. sugar	and cinnamon	1 C. hot water
$\frac{1}{2}$ C. butter	2 eggs	$2\frac{1}{2}$ C. flour

Drop from spoon in large shallow pan, when ready to bake sprinkle top generously with granulated sugar. Cut in squares.

HONEY COOKIES

Mrs. C. H. Anthony

1 C. butter	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. honey	1 t. soda dissolved in
1 C. sugar	$1\frac{1}{2}$ T. hot water
3 eggs well beaten	$3\frac{1}{4}$ C. flour
	1 C. nuts
	1 C. dates

Cream the butter and gradually add other ingredients, drop spoonfuls on baking tin and bake in moderate oven. This recipe may be varied by using raisins instead of dates, also by using $\frac{1}{2}$ C. of molasses instead of honey.

COCOANUT COOKIES

Mrs. George Turner

$\frac{1}{2}$ C. fat	$\frac{1}{2}$ t. salt	2 t. BP.
$\frac{1}{4}$ C. milk	$\frac{2}{3}$ C. cocoanut	1 C. sugar
1 t. lemon extract	$2\frac{1}{2}$ C. flour	2 eggs
$\frac{1}{2}$ t. vanilla		

Cream fat and sugar, add eggs and beat 2 minutes, then add other ingredients and drop from spoon to baking sheet. Bake in moderate oven until browned.

COCOANUT DROP COOKIES

Mrs. B. F. Knudson

1 C. butter	2 eggs (well beaten)
2 C. light brown sugar	$\frac{1}{2}$ t. salt
1 C. sour milk	1 box cocoanut
2 t. BP. sifted with	4 C. flour (measure after one sifting.)
about 70 cookies.	Makes

PEANUT COOKIES

Mrs. Clyde Jones

$\frac{1}{4}$ C. melted butter	$\frac{3}{4}$ C. flour
$\frac{3}{4}$ C. sugar	1 C. peanuts
2 eggs unbeaten	1 t. BP.

Drop by teaspoons on well buttered pan about 4 inches apart and bake in moderate oven until the edges begin to turn a deep brown. Remove from pan at once when taken from oven.

OATMEAL DROP COOKIES

Mrs. D. C. Faber

$\frac{2}{3}$ C. butter	2 C. flour	2 t. cinnamon
1 C. brown sugar	$\frac{1}{2}$ C. chopped nuts	$\frac{1}{2}$ t. cloves
2 eggs well beaten	$\frac{1}{2}$ t. salt	1 C. raisins
$\frac{3}{4}$ C. milk	1 t. soda	2 C. raw oatmeal

Cream fat, add sugar, beaten eggs, add milk, flour, salt, soda, spices, raisins, oatmeal and nuts. Drop from a teaspoon upon greased pans and bake in a moderate oven for 15 minutes. Makes 48.

OATMEAL COOKIES

Mrs. Clarence McNabb

1 C. sugar	10 t. raisin juice	2 C. flour
1 C. butter	1 t. soda in juice	1 t. lemon extract
2 eggs	2 cups oatmeal	nuts may be added
1 C. cooked raisins		

Drop from a teaspoon on a buttered pan and bake in hot oven. Frost with 7 minute icing.

ROLLED OATS COOKIES

Mrs. Fred Randau

Mix 2 C. rolled oats with 1 C. butter. Let this mixture stand an hour or at least while you beat 2 eggs with 1 C. granulated sugar and $\frac{1}{2}$ C. brown sugar, add $\frac{1}{2}$ C. sour milk. Then combine with above and add, sifted together: 2 C. flour, 2 t. soda, 1 t. cinnamon, 1 or more C. chopped raisins, (chopped black walnuts may be added also). Drop on cookie sheet, spreading with spoon a little and bake.

DATE COOKIES

Mrs. Craig Stephenson

$\frac{3}{4}$ C. butter	2 eggs	1 C. nut meats
1 C. sugar	1 lb. dates washed,	2 C. flour
1 t. soda	cut and stewed	1 t. vanilla

Drop on cookie sheet by teaspoon.

DELICIOUS DATE SQUARES

1 C. brown sugar	2 C. flour	1 C. walnut or pecan meats
$\frac{1}{2}$ C. butter	1 t. soda	grated rind of 1 small lemon
2 eggs	1 t. vanilla	
$\frac{1}{2}$ C. sour cream	$\frac{1}{2}$ lb. dates chopped	

Combine and spread $\frac{1}{2}$ inch deep in shallow pan. Bake 20 or 25 minutes, cut in squares, cover with powdered sugar icing.

DATE BARS

Mrs. Jennie McElyea Beyer

3 beaten egg yolks		1 C. chopped walnuts
1 pkg. dates	$\frac{1}{2}$ t. salt	1 t. BP.
1 C. flour	1 C. sugar	3 egg whites, stiff

Bake $\frac{1}{2}$ inch thick, cool, cut in sticks 3 inches by 1 inch. When ready to serve, roll in powdered sugar.

DATE COOKIES

Mrs. J. E. Brindley

2 C. flour
1 C. sugar
2 t. BP.
 $\frac{1}{4}$ t. soda

$\frac{1}{2}$ t. nutmeg
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ C. sour milk

1 egg (not beaten
separately)
 $\frac{1}{2}$ C. butter

Cream fat, add sugar and egg, mix dry ingredients and add alternately with milk, and more flour if needed to make a soft dough. Roll very thin and place filling between two cookies.

Filling

1 C. dates chopped
Cook until thick.

$\frac{1}{2}$ C. corn syrup

$\frac{1}{4}$ t. salt

SOUR CREAM DATE COOKIES

Mrs. W. H. Root

2 C. light brown sugar
1 C. butter
2 eggs
1 C. sour cream
1 t. soda

4 C. flour
4 t. BP.
 $\frac{1}{2}$ t. salt
1 t. cinnamon

$\frac{1}{2}$ t. nutmeg
 $\frac{1}{2}$ t. cloves
1 pkg. dates
1 C. nuts

Cream butter and sugar, add eggs, sour cream in which soda has been dissolved, mix BP., salt, cinnamon, nutmeg and cloves with flour. Add dates and nuts, cut fine, combine with liquid mixture, drop from spoon. Bake at 400° for 15 minutes.

BROWN SUGAR DATE COOKIES

$1\frac{3}{4}$ C. brown sugar
1 C. butter
1 t. soda dissolved in
1 C. hot water

2 eggs
 $2\frac{1}{2}$ C. flour
1 t. BP.

1 C. chopped nut
meats
1 C. dates
 $\frac{1}{2}$ t. salt

DATE NUT COOKIES

Mrs. George Turner

$\frac{1}{2}$ C. butter
4 T. milk
 $2\frac{1}{4}$ C. flour

$\frac{1}{4}$ t. salt
 $\frac{2}{3}$ C. chopped dates
1 C. brown sugar

2 eggs
2 t. BP.
 $\frac{1}{2}$ C. chopped nuts

Cream fat, add sugar and beat well, add eggs and beat for 2 minutes, add vanilla. Sift flour, BP. and salt and add alternately with milk, add nuts and dates. Drop from end of spoon to greased baking sheet and bake 15 minutes in moderate oven.

DATE DROP COOKIES

Mrs. F. R. White

$1\frac{1}{2}$ C. butter
3 C. brown sugar
1 C. milk
4 eggs

4 t. BP.
1 t. soda
2 C. chopped dates

5 C. flour
1 C. chopped nut
meats

Mix well, drop by spoonfuls on baking sheet and bake in moderate oven. Makes about 5 doz.

FRUIT FILLED COOKIES

Mrs. Fred Randau

Make the filling first, cooking until tender the following: $1\frac{1}{2}$ C. chopped raisins (seeded ones give best flavor), enough water to cover well, then add 2 T. cornstarch dissolved in a little cold water and $\frac{3}{4}$ C. sugar. Let thicken, then set aside to cool.

1 C. sugar	$\frac{1}{2}$ C. milk	$3\frac{1}{2}$ C. flour
$\frac{1}{2}$ C. butter	1 egg	3 t. BP.

Roll one part of cookie dough very thin for the top, handle with pancake turner. Brown slightly in moderate oven. Dates or figs may be used if preferred.

FILLED COOKIES

Mrs. R. C. Brockman

1 C. sugar	1 egg	2 C. oatmeal
$\frac{3}{4}$ C. butter	1 t. soda	2 C. flour
$\frac{1}{2}$ C. sour cream	$\frac{1}{4}$ t. salt	1 t. BP.

Cream sugar and butter, add eggs. Put soda in milk, sift BP. with flour, add salt, oatmeal and flour (more flour may be needed). Roll very thin, cut with a small size cookie cutter, place filling on cookie, then place other half and press edges firmly together. Bake in moderate oven. Cover with maple icing.

Filling

Boil 1 C. of seeded raisins, $\frac{1}{3}$ C. sugar blended with 3 T. flour, $\frac{1}{2}$ C. boiling water, add $\frac{1}{2}$ C. nuts to the cooked filling.

FILLED COOKIES

1 C. sugar	1 t. BP.	1 t. vanilla
$\frac{1}{3}$ C. butter	$\frac{1}{2}$ C. sour cream	2 C. flour
1 egg	$\frac{1}{4}$ t. nutmeg	$\frac{1}{2}$ t. soda

Roll thin and use 1 t. filling between cookies. Bake. Makes 30 cookies.

Filling

$1\frac{1}{2}$ C. raisins	1 t. flour	$\frac{1}{2}$ C. chopped nut
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. water	meats

Mix first 4 ingredients and cook until thick, cool and add nuts last.

FILLED COOKIES

Mrs. A. H. Hagen

2 C. sugar	4 t. cream of tartar
1 C. butter	2 eggs
1 C. sour milk	1 t. vanilla

Filling

2 C. raisins	2 t. flour	1 C. dates if desired
1 C. sugar	1 C. nuts	1 C. water

Cut or grind fruit and nuts and cook till thick in double boiler. Roll dough very thin, cut cookies, spread filling on half of cookies, cover with another cookie, press down edges and bake.

MANHATTAN HERMITS

Mrs. S. A. Knapp

1 C. sugar	pinch of salt	1 C. raisins, or
5 T. butter	$\frac{1}{4}$ C. sour milk	1 C. nuts
1 egg	1 t. soda	$\frac{1}{4}$ t. cloves
2 C. flour	1 t. cinnamon	$\frac{1}{2}$ t. allspice

Cream butter, add sugar, and cream carefully, add beaten egg and sifted dry ingredients alternately with the milk, add nuts or raisins. Drop from teaspoon on buttered baking sheet 1 inch apart. Bake in hot oven.

FRUIT COOKIES

Mrs. Glenn Flancher

$1\frac{1}{2}$ C. sugar	1 C. nuts	1 t. salt
1 C. molasses	1 C. dates chopped	3 C. flour
1 C. butter	$\frac{1}{2}$ t. cinnamon	2 t. BP.
3 eggs well beaten	$\frac{1}{2}$ t. nutmeg	1 t. soda in 1 T. hot
1 C. raisins	1 t. vanilla	water

Combine ingredients, drop from spoon on well greased pan and bake in moderate oven

FRUIT COOKIES

Mrs. L. C. Tilden

$1\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. sour milk	1 t. vanilla
1 C. butter	$\frac{1}{2}$ t. soda	$1\frac{1}{2}$ C. oatmeal
1 egg	$\frac{1}{2}$ t. BP.	$2\frac{1}{2}$ C. flour

Roll thin, cut out, make a sandwich with two cookies and the date filling, pressing edges of cookies together. Bake in moderate oven.

Date Filling

1 lb. dates	1 C. water	pinch of salt
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Cook together until thick, flavor with $\frac{1}{2}$ t. lemon extract and $\frac{1}{2}$ t. vanilla.

FRUIT COOKIES

Mrs. E. E. Little and Mrs. O. P. Rutledge

3 eggs	1 t. BP.	2 C. chopped dates
2 C. brown sugar	$\frac{1}{4}$ t. salt	2 C. chopped nut
1 C. butter	$2\frac{1}{2}$ C. flour	meats
$\frac{1}{2}$ C. sour milk	1 C. raisins	2 t. vanilla

Beat eggs, add sugar, softened butter, sour milk, in which soda has been dissolved. Add remaining ingredients to flour, combine mixture, add vanilla, drop from spoon on greased cookie sheet. Makes 42 cookies.

ALMOND DATE PUFFS

Mrs. W. H. Gernes

4 egg whites beaten	pinch of salt	$\frac{1}{2}$ lb. almonds, cut
very stiff	1 lb. chopped dates	fine
1 C. sugar	1 T. flour	$\frac{1}{4}$ t. BP.

Add sugar to the whites and beat 10 minutes, then add the almonds

and dates and mix thoroughly. Fold in the flour mixed with the BP., drop from spoon onto well greased inverted tins. Bake in a very slow oven until dry enough to leave the pan readily.

COCOANUT PUFFS

Mrs. Frank Kerekes

3 egg whites	1 C. granulated sugar	2 C. shredded cocoanut
2½ T. cornstarch		
1 t. vanilla		

Beat the egg whites until stiff, then beat in the cornstarch mixed with the sugar. Cook in a double boiler, stirring until thick around the edges. Remove from the fire, add cocoanut and vanilla and drop on buttered tins. Bake 15 minutes in a slow oven.

CHOCOLATE ALMOND PUFFS

Mrs. W. H. Gernes

6 egg whites beaten very stiff	1 t. cinnamon	1 T. flour
2 C. sugar	1 lb. chopped almonds	½ t. BP.
1 lemon rind, grated		¼ t. salt
		1 C. chocolate grated

Add sugar, lemon, and cinnamon to beaten whites, then beat 15 minutes. Set aside a sauce dish full of this mixture. To rest of mixture, add almonds, flour, sifted with BP. and salt, and lastly the chocolate. Drop from spoon. On top of each cake put a little of the mixture set aside. Bake in slow oven.

CHOCOLATE PUFFS

Mrs. W. H. Stevenson

2 egg whites	3 T. cocoa	2 T. cornstarch
2 C. powdered sugar		⅛ t. salt

Beat eggs stiff, add other ingredients and drop on well greased pans rather far apart. Bake 20 minutes in moderate oven. Makes 8 puffs.

MARGUERITES

Mrs. Frank Kerekes

1½ C. sugar	2 T. shredded cocoanut	1 C. English walnut meats
½ C. water		saltines
5 marshmallows	¼ t. vanilla	
2 egg whites		

Boil sugar and water until syrup will thread, remove to back of range and add marshmallows cut in pieces. Pour onto the whites of eggs beaten until stiff, then add cocoanut, vanilla and nut meats. Spread saltines with mixture and bake until delicately browned.

BAKED MARGUERITES

2 eggs	½ C. flour	⅓ t. salt
1 C. brown sugar	½ t. BP.	1 C. chopped pecans

Beat eggs slightly, add remaining ingredients in order given, fill small buttered tins ⅔ full of mixture, and place pecan nut meats on top. Bake in a moderate oven 15 minutes.

MARGUERITES

1 C. sugar
 $\frac{1}{2}$ C. water

2 egg whites
 $\frac{1}{2}$ t. vanilla

1 C. pecan nuts
 saltines

Boil sugar and water until syrup threads, remove from fire and pour slowly on whites of eggs, beaten stiff. Spread saltines with mixture and bake until delicately browned.

NEW MACAROONS

Mrs. W. H. Gernes

4 egg whites beaten stiff
 1 C. sugar

1 C. cocoanut
 1 C. chopped nuts

3 C. corn flakes
 pinch of salt

Add sugar and salt to whites and beat 10 minutes, add other ingredients and mix thoroughly. Drop from spoon onto inverted greased tin and bake in slow oven until delicately brown.

Mrs. W. S. Grove adds $\frac{1}{2}$ t. almond extract.

CHOCOLATE SPICE MACAROONS

Mrs. W. H. Gernes

4 eggs beaten very light
 1 lb. sugar
 1 C. grated chocolate

1 C. cocoanut
 1 t. cloves
 1 t. cinnamon

2 t. BP.
 1 lb. flour
 $\frac{1}{4}$ t. salt

Mix in order given, sifting flour, BP. and salt together. Drop on well buttered tin and bake in medium oven.

MERINGUES

Mrs. W. H. Stevenson

3 egg whites

1 T. vinegar

1 C. granulated sugar

Beat eggs until you can turn dish upside down, add alternately sugar and vinegar. Drop from large tablespoon and then drop 1 teaspoonful on top. Bake 40 minutes in a very slow oven. Makes 6. Remove tops and fill with ice cream.

MERINGUES

Mrs. H. D. Bergman

$\frac{1}{2}$ C. egg whites
 pinch cream of tartar

$\frac{1}{4}$ t. salt

1 C. sugar
 $\frac{1}{2}$ t. vanilla

Drop from tablespoon in pan lined with heavy oiled paper. Bake 1 hour, 180° to 200°. May be topped with whipped cream, ice cream or fruit.

KISS CAKE

Mrs. Jeannette Knapp Stoddard

6 egg whites

2 C. granulated sugar

1 t. vanilla

$\frac{1}{2}$ t. cream of tartar
 1 T. vinegar

Beat egg whites with dover egg beater until stiff, continue beating while adding sugar, cream of tartar and vanilla, then stir in vinegar quickly by folding with T. Pour into pie pan lined with buttered wrapping paper. Bake 1 hour in slow oven, slide cake from pan with paper from sides of cake and let stand on paper until ready to use. Serve like pie, with crushed strawberries and whipped cream.

SCHAUM TORTE

Mrs. J. H. Ames

6 egg whites
1 t. vanilla

2 C. granulated sugar 1 t. vinegar

Beat the egg whites to a stiff froth, add the sugar gradually and continue beating, add the vanilla and vinegar. Pour the mixture into a well greased spring form (torte pan) and bake 1 hour in a slow oven (225°). When ready to serve, remove the top, fill the hollow center with whipped cream and fresh fruit, preferably whole strawberries, set the top on over the fruit and decorate it with berries.

SWEET MILK DOUGHNUTS

Mrs. L. C. Tilden

4 C. sifted flour
1 C. sugar
2 eggs

1 C. sweet milk
4 t. BP.
1 t. salt

3 T. melted butter
 $\frac{1}{2}$ t. nutmeg or cin-
namon

Sift flour, BP. and salt together. Beat eggs separately until very light. Cream sugar and butter, then add the eggs and milk, then the sifted flour. Knead a very little, form in roll about 3 inches wide and cut in strips and twist. Fry as usual.

Mrs. B. E. McKelvey uses $11\frac{1}{2}$ C. flour and fries as drop doughnuts.

DOUGHNUTS

Mrs. R. C. Brockman

1 cake Fleischmann's
yeast
 $11\frac{1}{4}$ C. milk
1 T. sugar

$4\frac{1}{2}$ C. flour
3 T. butter
 $\frac{1}{2}$ C. sugar

$\frac{1}{4}$ t. mace
1 egg
 $\frac{1}{4}$ t. salt

Scald and cool milk, dissolve yeast and 1 T. sugar in milk. Add $11\frac{1}{2}$ C. flour, beat well, cover and let rise about an hour or until bubbles burst on top. Add butter and sugar creamed, mace, egg well beaten, remainder of flour and salt. Cover and let rise about an hour. Knead, let rise about 30 minutes. When light place on bread board, roll $\frac{1}{3}$ inch in thickness, cut with doughnut cutter and let rise 45 minutes. Drop in hot fat with side uppermost which has been next to board, fry to a golden brown and roll in powdered sugar.

DOUGHNUTS

Mrs. E. E. Little

3 eggs

1 C. sugar

1 C. sweet milk

Fry in hot fat.

3 t. BP.

2 T. hot fat

1 qt. flour

1 t. vanilla

DROP DOUGHNUTS

Mrs. J. B. Quigg

3 eggs

1 C. sugar

2 C. fresh milk

4 C. flour or enough 3 t. BP.

to make drop batter flavoring or spice

Drop from teaspoon into hot fat, roll in sugar when cool.

AFTERNOON TEA DOUGHNUTS

Mrs. Floyd Williams

2 eggs		10 T. milk
6 T. sugar	$\frac{1}{4}$ t. grated nutmeg	2 C. flour
$\frac{3}{4}$ t. salt	2 T. melted butter	3 t. BP.

Beat eggs very light, add sugar, salt, nutmeg, butter and milk. Add flour and BP. which have been sifted together, mix well, drop by teaspoonful into deep hot fat. Fry until brown, drain well and roll in sugar.

DOUGHNUTS

Mrs. O. E. Wasser

1 C. sugar		
$\frac{1}{2}$ C. sour milk	nutmeg as desired	1 t. soda
$\frac{1}{2}$ C. sour cream	1 egg	$\frac{1}{4}$ t. salt

Mix together, add enough flour to roll smoothly. Makes 24 doughnuts.

DOUGHNUTS

Mrs. F. R. White

2 C. sugar	1 t. salt	6 T. vinegar
4 eggs	2 qt. flour	4 t. BP.
2 C. sour milk	6 T. melted butter	2 t. soda

For chocolate doughnuts, take out 1 C. flour and in its place use 1 C. cocoa. Makes 90 doughnuts.

POTATO DOUGHNUTS

1 C. sugar		5 t. BP.
1 C. milk	3 eggs	$4\frac{1}{2}$ C. flour
butter size of an egg	2 potatoes mashed	1 t. lemon or vanilla

Cook in hot fat. Spices may be used in place of extract.

SOFT GINGER BREAD

Mrs. C. G. Lee

1 C. sugar		
1 C. molasses	$\frac{1}{2}$ t. each ginger,	2 t. soda
$\frac{3}{4}$ C. butter	cinnamon, cloves	$2\frac{1}{2}$ C. flour

Use 1 C. boiling water ($\frac{1}{2}$ C. in cake, dissolve soda in other $\frac{1}{2}$ C.).

The last thing before baking, add 2 well beaten eggs, bake slowly for 30 or 40 minutes.

GINGERBREAD

Mrs. F. N. Beam

$\frac{1}{2}$ C. butter		1 t. ginger
$\frac{1}{2}$ C. sugar	1 C. thick sour milk	1 t. cinnamon
1 T. cocoa	1 C. molasses	$\frac{1}{4}$ t. cloves
2 eggs	1 T. soda	3 C. flour

Cream butter, add sugar, then beaten eggs. Mix soda, molasses, sour milk and add to first mixture, next the sifted dry ingredients. Bake mixture in thin sheets in moderate oven.

SOUR CREAM GINGER BREAD

Mrs. E. B. Bush

$\frac{3}{4}$ C. sour cream	$\frac{1}{2}$ C. sugar	3 t. ginger
$\frac{1}{2}$ C. molasses	2 C. flour	3 t. cinnamon
1 egg	2 t. soda	$\frac{1}{2}$ t. salt

Beat egg, add sugar, molasses and sour cream. Mix and sift dry ingredients thoroughly. Add liquid mixture to dry mixture and beat two minutes. Bake 25 to 35 minutes in 375° oven.

TUTTI-FRUTTI GINGERBREAD

2 C. flour	$\frac{1}{2}$ t. BP.	$\frac{1}{2}$ C. sour milk
$\frac{1}{2}$ t. soda	$\frac{1}{4}$ t. cloves	$\frac{1}{2}$ C. sugar
$\frac{1}{2}$ t. ginger	2 eggs	$\frac{3}{4}$ C. molasses
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ C. softened butter	1 C. seeded raisins

Mix dry ingredients, sour milk and molasses, eggs, raisins, butter. Bake in layers.

Filling

$1\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. milk	$\frac{1}{2}$ t. vanilla
1 T. butter	$\frac{1}{4}$ C. seeded raisins	add raisins, nuts and
1 T. cocoa	and chopped nuts	vanilla last

CONFECTIONS

*"My mission in life is a sweet, I claim
For the children's eyes brighten at hearing my name."*

APPLE CRYSTALS

Mrs. C. W. McDonald

Make syrup of 2 C. sugar and 1 C. water, stir until dissolved, then bring to boil. Pare core, quarter a tart apple and cut each quarter in 3 slices, drop these 12 pieces into boiling syrup and cook gently until transparent, remove, drain, and put on wax paper. Let stand 24 hours. Roll in granulated sugar 3 times at intervals of 24 hours. To give variety, add coloring to syrup. Apple may be cut across, then cored and cut in various shapes. These may be used in decorations and in garnishing.

CHOICE CARAMELS

Mrs. S. A. Knapp

2 C. sugar	1 C. butter	1 t. vanilla
1 $\frac{3}{4}$ C. corn syrup	1 C. cream	1 C. nut meats

Cook first 4 ingredients until mixture boils vigorously, gradually stir in a second C. of cream, but do not permit the boiling to cease for a moment. Boil until a hard ball is formed when dropped into cold water or to 250°-255° by a candy thermometer. Turn out the fire, add nuts and flavoring, stir quickly and pour at once into a well buttered pan. Mark before it becomes too cold.

Never undertake to make candy in a damp or steamy room. Moisture in the atmosphere is a candy killer.

LOLLY POPS (ALL-DAY-SUCKERS)

Mrs. Fred L. Walkey

1 lb. brown sugar or		1 T. vinegar
2 $\frac{2}{3}$ C.	$\frac{1}{2}$ C. boiling water	1 t. butter

Boil above to the brittle stage. Add vanilla, pour in pan, and let cool enough to handle. Cut twigs, stick as much as you like on the twigs, wrap with oiled paper. Do not stir.

MEXICAN CANDY

Mrs. W. R. Raymond

Boil 2 $\frac{1}{2}$ C. sugar, $\frac{1}{2}$ C. milk. Burn $\frac{1}{2}$ C. sugar till it smokes. Combine contents of 2 saucepans while they are hot, put in 1 C. pecan meats and cook until it hardens in water like fudge. Beat until creamy and drop by spoonfuls on a wet board. Makes 18 cakes.

PRALINES

Mrs. G. W. Snedecor

2 $\frac{1}{2}$ C. sugar	1 C. milk
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Let boil and add $\frac{1}{2}$ C. sugar which has been browned and melted, cook until a soft ball forms in cold water. Add 1 C. pecan meats, beat and drop by spoonfuls on paper or slab.

MAPLE PRALINES

1 $\frac{7}{8}$ C. powdered sugar 1 $\frac{1}{2}$ C. cream pecan meats cut in
1 C. maple syrup 2 C. hickory nut or pieces

Boil first three ingredients until, when tried in cold water, a soft ball forms. Remove from fire and beat until a creamy consistency. Add nut meats and drop from spoon on buttered paper or pour mixture into buttered pan and cut in squares.

PEANUT BRITTLE

Mrs. R. H. Brannberg, Mrs. E. A. Pattengill, Mrs. M. B. Griffith

I.	II.	III.
1 $\frac{1}{2}$ C. sugar	1 $\frac{1}{2}$ t. vanilla	2 C. raw jumbo
$\frac{2}{3}$ C. light corn syrup	$\frac{1}{4}$ t. salt	peanuts
$\frac{2}{3}$ C. water	1 t. soda	2 t. butter
	1 dessert spoon water	

Boil mixture I covered for 3 minutes, uncover, boil to hard ball stage. Add nuts to butter, stir for 10 to 15 minutes until nuts are brown and thoroughly cooked. Add mixture II just before removing from fire. Add mixture III and pour onto flat surface. Break apart when cool.

PEANUT BRITTLE

Mrs. Frank Kerekes

2 C. sugar pinch of salt 1 C. chopped peanuts

Melt sugar without water in a frying pan, stir with wooden spoon constantly until clear and a light brown, then pour over the peanuts spread on a buttered pan. While still warm cut into squares.

VINEGAR CANDY

Mrs. Charles Dragoun

2 C. light brown sugar 1 C. vinegar butter size of walnut
Do not stir. When it hardens in water pour on buttered dish. Pull and cut.

NOUGAT

Mrs. Craig Stephenson

6 C. white sugar 1 $\frac{1}{2}$ C. white corn syrup 1 $\frac{1}{2}$ C. water

Boil together until "hard crack" in cold water, then pour slowly over whites of 3 eggs stiffly beaten with pinch of salt, continue beating until cool, add 2 t. vanilla, 1 C. pecan meats, 1 pkg. candied cherries. Pour in bread tin and slice off as desired. If candy begins to harden before cool beat in a little water to keep it creamy.

COCOANUT DROPS

Mrs. Craig Stephenson

Into above recipe stir shredded cocoanut and drop by teaspoon on waxed paper.

DIVINITY

Mrs. Clyde Kintzley, Mrs. W. S. Grove

2 1/2 C. sugar		1 C. chopped pecan
1/2 C. white corn syrup	2 egg whites	meats or 1/4 C. black
1/2 C. water	1 t. vanilla	walnut meats

Cook sugar, corn syrup, and water together until it will spin a thread. Pour 1/2 hot syrup into stiffly beaten egg whites, beating constantly. Cook rest of the syrup till it will harden in cold water and add it to the egg whites also, beat till creamy, add flavoring and nuts, (candied fruits may also be added). Drop by spoonfuls on waxed paper.

PINOCHÉ

Mrs. Frank Kerekes

2 C. brown sugar	2 T. butter	1/2 t. vanilla
1/2 C. milk	1/2 C. pecans	pinch of salt

Boil sugar, milk, and butter until a soft ball is formed in cold water, stirring constantly. Remove from fire, cool, and then add the nuts and vanilla and beat until thick and creamy. Spread 1 inch thick on buttered tins. Cut in 1 1/2 inch squares.

FONDANT

Mrs. J. H. Ames

2 C. sugar		
1/8 t. cream of tartar	1/2 C. cold water	2 T. butter

Mix thoroughly and bring very slowly to a boil. Boil until it forms a soft ball when dropped in cold water, let stand until cold, stir until creamy, then work with the hands until soft and free from lumps, work in plenty of butter during this process. Put in a bowl, cover, and let stand 24 hours, then work it soft again, separate into several portions, color and flavor each portion differently, and add chopped nuts, cocoanut, candied cherries, or pineapple, as desired, and mold into any shape.

FRENCH CREAMS

Mrs. J. H. Ames

Use fondant for centers, add nuts, candied fruit, or cocoanut and mold into balls the size of a hickory nut. Let stand until firm, use fudge for the coating. When it reaches the ready-to-drop stage, thin it with a few drops of cream and entirely cover the fondant balls with it. As the fudge stiffens and becomes hard to spread, add a few more drops of cream. A few chopped nuts may be sprinkled over the tops.

CHOCOLATE CREAMS

Mrs. W. S. Grove

2 C. sugar		1/4 cake paraffin
3/4 C. heavy cream	1 cake unsweetened	1 t. any flavoring
1 T. butter	chocolate	desired

Boil slowly sugar, cream, and butter until it forms a soft ball in cold water. Remove from stove and place in cold water. When partly cool beat

hard until thick and creamy, season to taste. Maple is very good. Place in an air tight bowl and let stand 24 hours. Place on a bread board and knead, use a little powdered sugar in kneading, then place in air tight jar and stand 24 hours. Mold in shapes desired and place on buttered plates. One may place nuts or cherries in the fondant. Let stand over night, then melt chocolate and paraffin in a double boiler. Dip fondant molds into the chocolate. One may use small fork or hat pin, making a curl on top of the chocolate as you remove the fork. A good Christmas candy.

CHOCOLATE CANDY

Mrs. P. S. Cook

$\frac{1}{2}$ lb. sweet chocolate

1 sq. bitter chocolate

Melt together in a double boiler, when melted remove from fire and stir in 1 can condensed milk, stir a few minutes. Cover waxed paper with chocolate decorations or chopped nuts. Spread the above on, then top with same. In a few hours can make in shape.

FUDGE

Mary Louise Everett

2 C. sugar

2 T. butter

$\frac{3}{4}$ C. of milk

1 sq. (oz.) chocolate

Cook all together until it forms a soft ball in cold water, remove from fire, beat well and pour into buttered pans. Cut into squares when nearly cold.

FUDGE

Mrs. R. C. Brockman

2 C. cane sugar

2 sq. chocolate

2 T. butter

$\frac{1}{2}$ C. nuts

$\frac{1}{2}$ C. cream

$\frac{1}{8}$ t. salt

1 t. vanilla

Melt chocolate, add sugar, cream, salt, and butter, mix well, boil until soft ball forms in cold water. Do not let crystal, if sugar forms on sides of pan. Let stand until partly cooled, beat until cool. Sprinkle powdered sugar on bread board, knead fudge well. Form in a roll and cut in slices when ready to serve.

FUDGE

Mrs. J. H. Ames

2 C. sugar

2 sq. chocolate cut fine

$\frac{2}{3}$ C. milk or cream

$\frac{1}{8}$ t. cream of tartar

Mix thoroughly and place over very low fire until all the ingredients are melted. Let boil until it reaches the soft ball stage. Remove from fire, add several T. butter and one of marshmallow cream and let stand until cold. Add flavoring and beat until it will hold its shape. Drop on oiled paper.

CHOCOLATE FUDGE

Mrs. Frank Kerekes

2 C. sugar

$\frac{3}{4}$ C. milk or cream

2 sq. chocolate

1 T. butter

$\frac{1}{2}$ t. vanilla

$\frac{1}{2}$ C. nuts

Cook sugar, milk, and chocolate in a pan, stirring constantly, until a

little forms a soft ball when tried in cold water, add the butter, and remove from fire. Let stand until nearly cold. Then add vanilla and beat hard until it begins to thicken and to wrinkle at the edge of pan. Spread quickly 1 inch thick on buttered pan, cool and cut in $1\frac{1}{2}$ inch squares.

FUDGE

Mary Margaret Pulte

3 C. sugar		pinch of salt
2 T. cocoa	4 T. white syrup	1 T. butter

Cook sugar, cocoa, and syrup over slow flame until a soft ball forms in cold water. Remove from fire, add butter. Beat until very thick and pour into greased pan.

FAMOUS FUDGE

Mrs. B. F. Knudson

Boil in buttered kettle till creamy, 4 T. cocoa, 1 C. water, then add $1\frac{1}{2}$ C. brown sugar, 1 C. rich milk, stir until dissolved, boil till soft ball stage. Remove from fire and add $\frac{1}{3}$ C. butter, $1\frac{1}{2}$ t. vanilla, $\frac{1}{4}$ t. salt, mix well, cool (not too cold). Beat until almost of right consistency, then add $\frac{1}{2}$ to 1 C. nut meats and beat until dry. Scrape out on buttered plate and cut. If put in tightly covered jar it will keep moist and delicious for a long time.

DOUBLE FUDGE

Mrs. J. L. Robinson

3 C. sugar		2 sq. chocolate
1 C. milk	$\frac{1}{4}$ t. salt	4 T. butter

Boil to soft ball stage, let cool, then add 1 t. vanilla and beat until right consistency to pour on wax paper.

For the White Part

2 C. brown sugar		1 t. vanilla
1 T. butter	1 C. cream	$\frac{1}{8}$ t. cream tartar

Cook to soft ball stage, let cool, then beat to consistency to pour and spread on top of chocolate. When set cut in small pieces.

DIVINITY FUDGE

Mrs. C. W. McDonald

$2\frac{2}{3}$ C. sugar		2 egg whites
1 C. water	$\frac{1}{3}$ C. candied cher-	$\frac{1}{3}$ C. green citron or
$\frac{2}{3}$ C. corn syrup	ries	$\frac{2}{3}$ C. almonds

Put $\frac{2}{3}$ C. sugar and $\frac{1}{3}$ C. water in a small saucepan. In another saucepan put 2 C. sugar, corn syrup and $\frac{2}{3}$ C. water, stir second portion until sugar is dissolved. Put over fire and boil to 240° or until the mixture forms a soft ball in cold water. 20 minutes after starting this mixture put the first saucepan on the stove and cook to 270° or until it forms a very hard ball in cold water. Beat egg whites until stiff, add slowly the syrup which was cooked to a soft ball, and beat constantly until stiff. Then slowly add the syrup cooked to 270° and continue beating as long as possible. Add fruit and nuts and pour into buttered pan.

POP CORN BALLS

Mrs. J. L. Robinson

$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. molasses or	1 T. butter
$\frac{1}{4}$ C. white corn syrup	sorghum	$\frac{1}{4}$ t. soda

Dissolve sugar, corn syrup, and sorghum over slow fire. Test in water to brittle stage. Remove from fire, add butter and soda. Pour on freshly popped corn. Wet hands with cold water and mold into small balls as soon as cold enough to handle. Makes about 12 balls.

POP CORN BALLS

Mrs. Roy McCurdy

2 C. sugar	1 C. corn syrup	$\frac{1}{3}$ C. water
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Boil until threads well. Pour over corn. Make in balls as soon as possible. Let cool. This makes 20. Rinsing the hands in cold water when sticky helps a great deal.

POP CORN CANDY

Mrs. W. R. Raymond

1 qt. table syrup	2 C. sugar
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Boil until it hardens in water, then add a pinch of soda, let it boil up and remove from fire. Pour over popped and seasoned corn (free from hard kernels) and pack down in buttered bread pans. Hardens in a short time and can be sliced. Keeps a long time in cool, dry place.

CRACK-A-JACK

Mrs. R. C. Brockman

8 qt. popped corn	$\frac{1}{2}$ C. sugar	1 C. jumbo salted
1 C. molasses	$\frac{1}{4}$ t. soda	peanuts

Boil the molasses and sugar until it hardens (not brittle) in water, stir in soda, add peanuts, mix well. Pour over popped corn, mix thoroughly. Make into flat sheet. Cut into small portions and cover with oiled paper.

GLAZED NUTS

Mrs. H. O. Hickok

1 C. sugar	$\frac{1}{4}$ to $\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. water
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Cook to hard ball stage. Remove from fire, add nuts to hot syrup and beat until it sugars.

STUFFED DATES

Mrs. Craig Stephenson

Boil 2 C. sugar, pinch of cream of tartar and a small amount of water until it spins a hair. Beat into hot syrup 4 rounding T. marshmallow icing. Beat until cool and if it hardens too quickly add a little water and beat thoroughly each time. Use to stuff dates which have been washed and seeded.

PEPPERMINT DROPS

Mrs. Craig Stephenson

Flavor the recipe used for stuffed dates with mint and add fruit coloring. Drop by teaspoon and press nut meats on top.

DATE LOAF CANDY

*Mrs. F. P. Reed*1 small can condensed
milk

2 heaping t. butter 2 C. white sugar

Stir constantly the first few minutes to prevent burning. Let boil until forms ball in cold water. Stir in 1 C. nut meats and 1 package of dates cut in small pieces. Pour in deep, well-buttered pan and cover with damp cloth. When cool cut in slices or convenient shapes.

DATE LOAF CANDY

Mrs. W. R. Raymond

Mix

2 C. sugar

1 C. milk

small lump butter

When mixture bubbles add $\frac{3}{4}$ package dates and cook until a medium ball forms when tested in cold water. Take from fire, add 1 C. broken nut meats and stir until candy begins to stiffen, turn out on cloth wrung out of cold water. Roll up and let stand several hours. Slice thin.

FRUIT ROLLS

Mrs. R. C. Brockmann $\frac{1}{2}$ C. nuts

1 C. figs

1 C. dates

1 C. seeded raisins

 $\frac{1}{2}$ glass currant jelly

Put nuts, figs, raisins, and dates through food chopper, add melted jelly and mix well. Make in a roll. Let stand a few hours. Roll in powdered sugar and cocoa. Cut in slices.

GRAPE FRUIT AND ORANGE STRAWS

Remove peel in quarters and cut into narrow strips, place in saucepan of cold water. Boil 20 minutes, drain, and repeat twice. (This will take out any bitterness from rind.) After third boiling place in equal amounts of sugar in a clean sauce pan. Cover with cold water, let come to a boil and cook until syrup hairs from spoon. Drain, roll in granulated sugar, and place crosswise on plates. Remaining syrup can be used for sauces.

FOR THAT FINAL TOUCH—ADD NUTS

By Helen Robertson, Director Tribune Cookery Department

For that final touch—the bit that adds flavor and distinction to any dish; the touch that demands no effort and no special recipe—add a few nuts, salted or plain. Their uses are unlimited and the results are delicious.

Salted nuts are especially intriguing in canapes. Ground to a paste and mixed with cheese, olives, ham or sardines they make a delicious spread; and used whole or cut in Julienne strips as a garnish they improve the appearance as well as the flavor.

Salted nuts chopped rather fine and sprinkled over the whipped cream which garnishes the cream soup gives added flavor.

Baked or broiled ham served with broiled pineapple slices and whole nut meats is superb.

One famous chef makes a sauce for fish using melted butter and toasted almonds cut in strips; one eats it and does not wonder that the originator is "famous."

Chopped nuts give novelty and flavor to the Yorkshire pudding to be served with the roast beef.

Croquettes rolled in coarsely chopped nuts mixed in the bread crumbs have a rich new flavor.

A few finely chopped nuts added to the vegetable souffle makes a tasty addition.

Salted nuts sprinkled over hubbard or summer squash during the last of the baking period give a new richness.

Nuts may be added to any of the dishes made from sweet potatoes with an increase of delicious flavor and a new note of preparation.

Of course we all know the value of nuts in salads. In place of the blanched nuts try using the roasted and salted ones; you will be delighted with the difference.

Coarsely chopped nuts make a good addition to the chicken salad.

Put one or several whole nut meats on top of the salad dressing as a garnish and your salad will take on the de luxe air.

The steamed pudding is improved by the addition of chopped walnuts.

Brown Betty or bread pudding gains in flavor when nuts are added.

A few nuts added to the pudding sauce is equally tasty.

Broken walnuts in a sweet muffin batter give an extra touch of interest to luncheon or supper.

Nuts are also a good addition to gingerbread.

A half walnut kernel in the center of the open sandwich gives an attractive appearance and an added flavor.

A toasted cheese sandwich is made more attractive in appearance and given added flavor if half a walnut kernel is placed on top of the spread before it is browned under the flame.

Salted pecans or almonds added to the frosting for fudge cakes or served over the hot fudge sundae give a delicious note.

In using nut meats for any purpose, always heat thoroughly in the oven with a little melted butter. They are much more tasty and crisp in cookies, candies or frostings.

CAKES AND FROSTINGS

*"Each recipe is plain and tried,
And some good housewife's honest pride,
Some homes delight
And should your efforts bring no prize,
I'll not say where the trouble lies,—
'Twere impolite."*

CAKES

STANDARD WHITE CAKE

Mrs. J. L. Boatman

1 C. milk		$\frac{1}{2}$ t. salt
$2\frac{5}{8}$ C. flour	$11\frac{1}{2}$ C. sugar	3 t. BP.
$\frac{1}{2}$ C. butter	3 egg whites	1 t. flavoring

STANDARD CAKE

"Foods and Cookery," Home Economics Department of Iowa State College

$\frac{1}{2}$ C. milk		$2\frac{1}{2}$ t. BP.
$1\frac{1}{2}$ C. pastry flour	1 C. sugar	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. butter	2 eggs	$\frac{1}{2}$ t. vanilla

Cream butter and sugar, add beaten eggs, sift dry ingredients together and add alternately with milk, add flavoring. Eggs may be separated, beaten yolks added to butter and sugar mixture and stiffly beaten, whites folded in last. Bake in layers or in loaf in moderate oven (350°).

VARIATIONS FOR STANDARD CAKES

APPLE SAUCE CAKE

In standard cake recipe use $\frac{3}{4}$ C. unsweetened apple sauce in place of $\frac{1}{2}$ C. milk, add $\frac{1}{4}$ t. soda and decrease BP. to $11\frac{1}{2}$ t. $\frac{1}{2}$ C. raisins may be added.

CARAMEL CAKE

Add 3 T. caramel syrup to any plain cake.

CHOCOLATE CAKE

Add 2 to 4 sq. melted chocolate to standard cake, add it to the butter and sugar mixture or at the last. Omit $\frac{1}{2}$ C. of flour as mixture will be too thick.

MARBLE CAKE

Part of the batter may be colored with chocolate or vegetable coloring. The mixtures are put in a pan alternately and in irregular amounts to obtain a variegated effect in the cake.

NUT CAKE

1 C. nut meats may be added to any of these cake recipes.

ORANGE CAKE

Substitute orange juice for milk, add 2 T. grated orange rind.

SPANISH CAKE

Add 1 T. cinnamon to standard cake.

SPICE CAKE

Add $\frac{3}{4}$ t. to $1\frac{1}{2}$ t. mixed spices to any simple cake.

WHITE CAKE

Mrs. W. H. Stevenson

$\frac{3}{4}$ C. butter	3 C. flour	5 egg whites
$1\frac{1}{2}$ C. sugar	1 C. milk	4 t. BP.

Cream together sugar and butter thoroughly, add milk alternately with flour (sifted with BP.), beat until very light, fold in well beaten eggs very lightly. Bake in a moderate oven, in 2 pans.

WHITE CAKE

Mrs. O. P. Rutledge

2 C. sugar, measured before sifting 3 to 5 times	$1\frac{1}{2}$ C. sweet milk or milk with water	3 C. cake flour, mea- sured after sifting
3 T. butter salt and flavoring	4 egg whites, folded in last	3 slightly rounded t. BP.

Bake 40 minutes in a moderate oven. This makes a large loaf cake or from 26 to 28 drop cakes.

BEST CAKE IN THE WORLD

Mrs. J. H. Williams and Mrs. L. J. Lynch

2 C. sugar	7 egg whites	1 t. extract
$\frac{1}{2}$ C. butter	5 t. BP.	3 C. flour
1 C. milk		

EASIEST CAKE MADE

Mrs. R. H. Harrison

Sift together 1 C. sugar, $1\frac{1}{2}$ C. flour, pinch of salt, 1 t. BP. (use a t. soda if sour cream is used,) beat 2 eggs well, add 1 C. of rather thin cream and flavoring, combine and bake. If white cake is desired, use 3 egg whites.

QUICK WHITE CAKE

Mrs. W. F. LaGrange

1 C. bread flour	1 C. sugar	3 t. BP.
$\frac{1}{2}$ C. cake flour		

Sift the above ingredients together 3 times, put whites of 2 eggs into a measuring C., add to $\frac{1}{2}$ full with soft butter, then fill up C. with milk, pour into dry ingredients and beat thoroughly. Bake either in loaf or in layers.

ONE EGG CAKE

Mrs. Herman Knapp

1 egg	butter size of large	1 C. milk*
1 C. sugar	egg	2 t. BP.
2 C. flour		

MOTHER'S TIPTOP CAKE

Mrs. Howard Adams

1½ C. sugar	3 egg whites	2 t. BP.
½ C. butter	2½ C. flour	flavoring to suit
1 C. sweet milk		

Mix as given, except beat egg whites and add last, put together and top with pineapple filling.

FISHER VELVET CAKE

Mary Ghrist

2 eggs	2 T. water	⅔ C. sugar
⅓ C. milk	1½ t. BP.	¼ t. vanilla
⅓ C. butter	1½ C. flour	¼ t. lemon

Sift flour once before measuring, add BP. and sift 3 times, cream butter and sugar until frothy, beat egg yolks until thick and lemon colored, then beat into the sugar and butter. Whip the whites of eggs until stiff, then whip into the mixture, pour milk and water in, sift in flour, add extract and beat until smooth. Bake in medium-sized loaf pan 45 minutes. If baked in a shallow pan or layer, ⅓ C. flour should be added.

VELVET CAKE

Mrs. B. J. Firkins

¾ C. butter	2 egg yolks	2 t. BP.
2 C. sugar	3½ C. flour	4 egg whites
1 C. milk		flavoring

Mix as for any butter cake, adding the beaten egg whites last. This makes a large cake.

LIGHTNING CAKE

Mrs. Charles Hamilton

1½ C. flour	1 C. sugar	2 eggs with milk to
2 t. BP.	¼ C. softened butter	fill C.

Sift the flour, BP. together, add sugar and mix, melt butter in ½ pt. measuring C., break in the eggs without beating and fill up C. with milk. Pour this into the dry mixture in the bowl, beating vigorously for 1 minute. Turn into a greased pan and bake in a moderate oven 25 minutes if in a shallow pan.

ORANGE CAKE

Mrs. M. Mortensen

3 C. pastry flour	3 egg yolks	juice of 1 orange in
3 t. BP.	rind of 1 orange	C. filled with water
½ C. butter	2 egg whites	or milk
1½ C. sugar		

ORANGE CAKE

Mrs. J. H. Buchanan

$\frac{1}{2}$ C. butter	$\frac{2}{3}$ C. milk	grated rind of one orange
1 C. sugar	2 C. flour	1 C. dates cut fine
2 eggs (1 at a time)	4 t. BP.	$\frac{1}{2}$ C. sugar together

Stir the juice of 2 medium-sized oranges and pour over the cake as soon as you take it out of the oven.

NUT CAKE

Mrs. P. S. Shearer and Mrs. Harry Bickelhaupt

$\frac{1}{2}$ C. butter	2 C. flour	1 C. nut meats
$1\frac{1}{2}$ C. sugar	$1\frac{1}{2}$ t. BP.	1 t. lemon or vanilla
$\frac{3}{4}$ C. sweet milk	4 egg whites	1 t. almonds

Mix as for standard white cake.

HICKORY NUT CAKE

Mrs. C. F. Davis

$1\frac{1}{2}$ C. powdered sugar	2 C. flour	2 t. BP.
$\frac{1}{2}$ C. butter	1 C. nut meats	4 egg whites
$\frac{3}{4}$ C. sweet milk	Add BP. and hickory nut meats to flour, cream butter and sugar, add milk and flour mixture alternately, beat egg whites stiff and fold into the cake mixture.	

WHITE CAKE

Mrs. Glenn Fancher

1 C. sugar	2 scant C. flour	1 whole egg and white of another
$\frac{1}{2}$ C. butter	3 t. BP.	
1 C. milk	Combine by adding the milk and flour a little at a time to the other ingredients and flavor.	

SOUR CREAM CAKE

1 C. sugar	1 egg	$\frac{1}{2}$ t. soda
1 C. sour cream	$\frac{1}{2}$ t. salt	$1\frac{1}{2}$ C. flour

SOUR CREAM CAKE

Mrs. Glenn Fancher

1 C. sugar	2 eggs well beaten	$1\frac{1}{2}$ t. BP.
1 C. sour cream	$\frac{1}{4}$ C. nut meats	$\frac{1}{8}$ t. salt
$1\frac{1}{3}$ C. flour	1 t. soda	$\frac{1}{2}$ t. vanilla or lemon

Bake in loaf in slow oven 30 minutes.

SOUR CREAM CAKE

Mrs. S. A. Knapp

Drop 1 egg into a C., fill C. with sour cream. Combine 1 C. sugar, $1\frac{1}{2}$ C. flour, $\frac{1}{2}$ t. soda. Put all into a mixing bowl and beat until smooth. Bake in a moderate oven until firm to the touch.

BROWN SOUR CREAM CAKE

Mrs. Frank S. Edge

2 eggs		1 t. salt
2 C. sugar	1 t. soda	1 t. vanilla
$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. cocoa in	1 t. BP. in
1 C. sour cream	1 C. hot water	3 C. flour

Beat eggs, sugar, butter, add cream with soda, then cocoa in water, add salt, vanilla and last flour with BP.

SOUR CREAM CAKE

Mrs. B. J. Firkins

$\frac{1}{4}$ C. butter		1 t. BP.
1 C. sugar	1 egg	1 t. soda
1 C. sour cream	$1\frac{2}{3}$ C. flour	salt and flavoring

May be baked as loaf, layer or cup cakes.

LARGE WHITE CAKE

Mrs. Mary Allen

2 C. sugar		3 C. flour
$\frac{3}{4}$ C. butter	9 egg whites	1 t. vanilla
$\frac{3}{4}$ C. milk	$1\frac{1}{2}$ t. BP.	1 t. lemon

Combine ingredients as for any butter cake.

WHITE CAKE

Mrs. Frank S. Edge

2 C. sugar		
$\frac{3}{4}$ C. butter	3 C. flour	2 heaping t. BP.
$1\frac{1}{3}$ C. water	8 egg whites	1 t. lemon

Sift flour and measure, then sift 5 times, take $\frac{1}{2}$ C. flour and add BP. Cream sugar and butter, add water and flour alternately, then flavoring. Fold in whites of eggs beaten to a very stiff froth, then flour and BP. Bake 40 minutes.

VANITY CAKE

Mrs. Will Dodds

1 C. sugar		2 t. BP.
$\frac{1}{2}$ C. butter	$1\frac{1}{2}$ C. flour	1 t. vanilla
$\frac{1}{2}$ C. sweet milk	$\frac{1}{2}$ C. cornstarch	5 egg whites

Bake in 2 layers and put together with any desired filling or with white frosting.

MOCK ANGEL FOOD CAKE

Mrs. Minos Fall

1 C. sugar		$\frac{1}{4}$ t. cream of tartar
$\frac{1}{2}$ C. butter	$1\frac{1}{4}$ C. flour sifted	2 egg whites
$\frac{1}{2}$ C. water	1 t. BP.	1 t. vanilla

Cream butter, add sugar and mix well, sift flour 3 times with BP, added. Add to first mixture, flour and water, a little at a time, first one then the other until all has been added, beating all the time for 2 minutes. Add vanilla, beat egg whites very stiff and stir into mixture carefully. Bake in 2 square tins in very moderate oven 25 minutes. Recipe may be doubled and baked in other cake tins.

CHECKER BOARD CAKE

Mrs. C. M. Belding

- | | | |
|-------------------------|-------------------------|--------------|
| 2 C. pastry flour | $\frac{1}{2}$ C. butter | 1 t. vanilla |
| 1 rounding t. BP. | $\frac{1}{2}$ C. water | 4 egg whites |
| $1\frac{1}{4}$ C. sugar | | |
- Cream butter and sugar, add water and flour alternately, then vanilla and whites of eggs and beat hard.
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|------------------------|---------------------------|--------------------------|
| 2 C. pastry flour | $\frac{1}{2}$ C. butter | 4 egg yolks, well beaten |
| 1 rounding t. BP. | $\frac{1}{2}$ t. cloves | 1 oz. melted chocolate |
| 1 C. brown sugar | $\frac{1}{2}$ t. cinnamon | |
| $\frac{1}{4}$ C. water | $\frac{1}{2}$ t. nutmeg | |

Sift flour once, then measure, add BP. and sift 3 times. Cream butter and sugar, add yolks, beat hard, then flour and water alternately. Put in square pans in strips, 3 light and 4 dark in one, 3 dark and 4 light in the other. When placing together with frosting any desired kind, have strips in both layers running in same direction. This is a well flavored as well as pretty cake.

BREAD SPONGE CAKE

Mrs. C. F. Davis

- | | | |
|-------------------------|---------------------|--------------------------|
| 1 C. bread sponge | 1 egg | few grains salt |
| 1 C. brown sugar | 1 t. soda dissolved | $\frac{1}{2}$ C. raisins |
| $\frac{1}{2}$ C. butter | in water | 1 heaping C. flour |
- Combine ingredients and let raise until light. Bake in moderate oven.

BREAD SPONGE CAKE

- | | | |
|--------------------------------|----------------------------------|-------------------------|
| 1 C. bread sponge | | little salt |
| $\frac{1}{2}$ C. melted butter | $\frac{1}{2}$ t. cloves and cin- | $1\frac{1}{2}$ C. flour |
| $\frac{1}{2}$ C. hot water | namon | 2 eggs |
| 1 t. soda in water | $\frac{1}{2}$ lb. raisins | 1 C. sugar |
- Sprinkle cinnamon and sugar on top and bake.

FANNIE'S BUTTERMILK CAKE

- | | | |
|-------------------|-----------------|---------------------------|
| 2 C. sugar | 4 C. flour | $\frac{1}{2}$ t. allspice |
| 1 scant C. butter | 2 C. buttermilk | 1 t. cinnamon |
| 2 t. soda | 1 t. nutmeg | $\frac{1}{2}$ t. cloves |
| 2 C. raisins | | |
- Mix and bake in dripping pan.

LITTLE GOLD CAKE

Columbia Cooking School

- | | | |
|-------------------------|-----------------------|------------------------------------|
| $\frac{1}{4}$ C. butter | | $\frac{7}{8}$ C. flour sifted with |
| $\frac{1}{2}$ C. sugar | 1 t. lemon extract or | $\frac{1}{4}$ t. salt |
| 5 egg yolks well beaten | 1 T. lemon juice | $1\frac{1}{2}$ t. BP. |
| | $\frac{1}{4}$ C. milk | |
- Cream butter and sugar, beat egg yolks light, beat all together and bake in small muffin pans.

HOLIDAY CAKE

Mrs. S. H. Thompson

1 pt. mince meat
 $\frac{2}{3}$ C. butter
 2 C. sugar
 4 eggs

1 C. thick sour milk
 3 C. flour
 1 t. soda

2 t. BP.
 $\frac{1}{2}$ t. cloves
 $\frac{1}{2}$ t. allspice
 $\frac{1}{2}$ t. cinnamon

Combine ingredients in usual order, folding in beaten egg whites last. Bake $1\frac{1}{2}$ hours at 350° . This makes 2 large loaves.

DEVIL'S SPICE CAKE

Mrs. J. G. Hummel

$\frac{1}{2}$ C. butter

2 C. sugar

3 C. sifted flour

3 level t. BP.

$\frac{1}{2}$ t. ground cloves

$\frac{1}{2}$ t. ground cinna-
 mon

1 C. cold water

4 egg whites

1 sq. melted choco-
 late

1 t. vanilla

1 t. lemon extract

Bake in a moderate oven.

BROWN SPICE CAKE

Gertrude N. Morris

2 C. sugar

$\frac{1}{2}$ scant C. butter

1 C. sour milk

3 eggs

2 C. flour

1 t. cloves

1 t. cinnamon

1 t. allspice

1 t. soda

1 C. raisins

$\frac{1}{2}$ C. nuts

SPICE CAKE

Mrs. Clyde Kintzley

1 C. brown sugar

1 egg

1 t. soda

1 C. chopped dates

1 t. cinnamon

1 t. cloves

1 C. sour milk

1 C. chopped nut
 meats

$\frac{1}{2}$ C. melted butter

$1\frac{1}{2}$ C. flour

Beat egg and mix with sugar, add milk in which the soda has been dissolved, add spices and flour. Stir in the dates and nut meats and the last thing stir in the melted butter. Bake in a moderate oven 45 minutes.

SPICE CAKE

Mrs. W. H. Root

$1\frac{1}{2}$ C. brown sugar

$\frac{1}{2}$ C. butter

1 C. milk

2 eggs

2 C. flour

2 t. BP.

$\frac{1}{2}$ t. salt

2 t. cinnamon

$\frac{1}{2}$ t. nutmeg

$\frac{1}{2}$ t. cloves

SOUR CREAM SPICE CAKE

Mrs. R. H. Sylvester

$\frac{1}{2}$ C. butter

$1\frac{1}{2}$ C. brown sugar

2 eggs

$\frac{2}{3}$ C. sour cream

$2\frac{1}{2}$ C. flour

$1\frac{1}{2}$ t. BP.

$\frac{1}{2}$ t. soda

2 t. cinnamon

1 C. raisins

$\frac{1}{2}$ C. chopped pecans

$\frac{1}{4}$ t. salt

1 t. vanilla

Cream butter, add sugar and egg yolks, beat 2 minutes, then add the dry ingredients, sour cream and vanilla, raisins and nuts. Bake in moderate oven 20 minutes. Frost with 7 minute frosting.

MAPLE SUGAR CAKE

$\frac{1}{2}$ C. butter	3 t. BP.	$\frac{1}{2}$ C. milk
$1\frac{1}{4}$ C. maple sugar	1 C. fresh blueberries	$1\frac{1}{4}$ t. vanilla
6 T. cornstarch	$1\frac{1}{2}$ C. flour	4 egg whites

Cream butter and sugar, sift flour, cornstarch and BP. together several times, and add to the first mixture, alternating with the milk. Add flour, blueberries and vanilla, then fold in the stiffly beaten egg whites. Bake in greased loaf-tin in a moderate oven. Cover with maple frosting.

COCOANUT CAKE

Mrs. H. L. Eichling

$1\frac{1}{2}$ C. sugar	1 C. butter	3 egg yolks
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Cream butter and 1 C. sugar. Add $\frac{1}{2}$ C. sugar to well beaten egg yolks. Beat the two mixtures together. Soak $\frac{1}{2}$ C. cocoanut in $\frac{1}{2}$ C. milk and add to egg mixture alternately with 3 C. pastry flour, $\frac{1}{2}$ t. salt and 4 t. BP. Fold in beaten white of 1 egg. Bake in layers, put together and cover top with boiled frosting made with 2 egg whites, sprinkle with cocoanut.

FRESH COCOANUT CAKE

Mrs. R. L. Cochran

$\frac{1}{2}$ C. butter	1 C. cold water	4 egg whites
$1\frac{1}{2}$ C. sugar	2 t. BP.	3 C. cake flour

Drain milk from cocoanut, add enough water to make 1 C., grind meat and sprinkle on top of frosting. Cream butter and sugar, add $\frac{1}{3}$ C. water, beat well, then add 1 C. of flour. Add remainder of flour and water in same manner, putting the BP. in last flour. Fold in egg whites very carefully. Cake very delicious made plain without cocoanut.

WHIPPED CREAM CAKE

Mrs. Charles Nowlin

1 C. whipping cream	1 t. vanilla	$\frac{1}{2}$ t. salt
1 C. sugar	2 t. BP.	2 C. flour
2 eggs		

Whip cream stiff, add 2 unbeaten eggs and beat, then add sugar and beat, add vanilla, add dry ingredients. Sour cream may be used if whipped carefully. In case it is used, add lastly, 2 squares chocolate melted in $\frac{1}{2}$ C. boiling water and 1 t. soda.

BURNT SUGAR CAKE

Mrs. F. P. Reed and Mrs. H. W. Richey

$\frac{1}{2}$ C. butter	1 C. water	3 T. burnt sugar
$1\frac{1}{2}$ C. sugar	$2\frac{1}{2}$ C. flour	1 t. vanilla
2 eggs		2 t. BP.

Cream butter and sugar, add yolks of eggs and water and 2 C. flour, beat thoroughly, then add burnt sugar, vanilla, BP. and remaining flour. Lastly fold in the whites of the eggs well beaten. To make the burnt sugar put $\frac{1}{2}$ C. sugar in granite pan on stove and stir continually until the sugar softens and finally becomes a liquid and throws off an intense smoke. Remove from fire and add very carefully $\frac{1}{2}$ C. boiling water, return to fire and boil until a thick syrup is formed.

Bottle and put away for use when needed. For frosting make any desired boiled frosting and add 1 t. vanilla and enough of the burnt sugar to color.

BETTINA'S RECIPE FOR CHOCOLATE CAKE

Mrs. L. C. Tilden

1 T. butter	1 t. vanilla	$\frac{1}{3}$ C. cocoa
1 C. sugar	1 C. sour cream	$\frac{1}{8}$ t. salt
1 egg	$1\frac{2}{3}$ C. flour	1 t. soda

Mix dry ingredients and combine in order given.

CHOCOLATE CAKE

Mrs. H. L. Eichling

$\frac{1}{4}$ C. butter	$11\frac{1}{2}$ C. flour
1 C. sugar	1 t. soda dissolved in
2 unbeaten eggs	a little warm water
$\frac{1}{2}$ C. sour milk	$\frac{1}{2}$ t. vanilla

Mix in order given.

CHOCOLATE CAKE

Mrs. W. S. Grove

1 C. sugar	$\frac{1}{4}$ t. of salt
2 T. of butter	1 t. soda dissolved in
1 egg yolk	$\frac{1}{2}$ C. boiling water
$1\frac{1}{2}$ C. flour	1 t. BP.

Cream butter and sugar, add egg yolk, sift flour, BP. and salt together. Add alternately with chocolate, add soda which has been dissolved in boiling water. Bake in a moderately heated oven for 30 minutes.

CHOCOLATE CAKE

Mrs. W. H. Root

2 C. sugar	$\frac{1}{2}$ C. sour milk	1 t. BP.
$\frac{1}{2}$ C. butter	2 eggs	1 t. soda
4 T. cocoa	$2\frac{1}{2}$ C. flour	few grains salt

After batter is completely blended, add $1\frac{1}{2}$ C. boiling water, mix well. Batter will be very thin, but do not add more flour.

CHOCOLATE CAKE

Mrs. E. B. Bush

$\frac{1}{2}$ C. butter	1 t. soda
$1\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. cocoa
2 egg yolks	2 beaten egg whites

Cream butter and sugar, add egg yolks, sift dry ingredients and add alternately with water, beat thoroughly, add beaten whites last.

CHOCOLATE CAKE

Mrs. J. B. Davidson

Cream together $\frac{1}{4}$ C. butter, 1 C. sugar, add 1 beaten egg, then add alternately $\frac{1}{2}$ C. thick sour milk, and $1\frac{1}{4}$ C. flour, sifted before measuring, add $\frac{1}{4}$ t. salt. Stir in 2 sq. melted chocolate, $\frac{1}{2}$ C. boiling water to which 1 t. soda has been added, and 1 t. vanilla. Bake in moderate oven.

CHOCOLATE FUDGE CAKE

Mrs. W. F. Coover

Cream $\frac{1}{2}$ C. butter, add gradually 1 C. sugar, then 2 sq. grated chocolate, the beaten yolks of 2 eggs, $\frac{3}{4}$ C. flour, 1 t. vanilla, whites of 2 eggs and 1 C. nuts. Bake in pan about $9\frac{1}{2} \times 5\frac{1}{2}$, cut in squares.

BROWN STONE FRONT CAKE

Mrs. A. H. Munn

$1\frac{2}{3}$ C. sugar	4 eggs beaten in one	2 t. BP.
$\frac{2}{3}$ C. butter	at a time	$\frac{1}{3}$ cake chocolate
1 t. vanilla added to	1 C. milk	melted with a
sugar	2 C. flour; no more	little butter, lastly

CHOCOLATE CAKE

Mrs. A. E. Stringfellow

$\frac{1}{4}$ C. butter	2 sq. chocolate	1 t. vanilla
1 C. sugar	2 eggs	1 t. BP.
1 C. milk	$1\frac{1}{2}$ C. flour	1 t. soda

Cream butter, sugar, egg yolks and chocolate together, add flour and milk alternately after sifting BP. and soda with flour. Add vanilla and lastly fold in beaten whites of eggs.

CHOCOLATE LOAF CAKE

Mrs. W. H. Jameson

2 C. sugar	2 sq. chocolate	1 C. sweet milk
$\frac{1}{2}$ C. butter	4 eggs	2 C. flour
5 T. boiling water		2 t. BP.

Cream butter and sugar, dissolve chocolate in boiling water, stir it while hot into creamed butter and sugar. Add beaten yolks and milk, then sifted flour and BP., last stiffly beaten whites. Bake in moderate oven.

CHOCOLATE CAKE

Mrs. L. R. Morris

1 C. granulated sugar	2 T. cocoa sifted in	2 t. BP.
1 C. light brown sugar	flour	1 t. vanilla
1 C. sweet milk	2 eggs well beaten	1 t. soda dissolved in
2 C. flour	$\frac{2}{3}$ C. butter	$\frac{1}{2}$ C. hot water

Mix all dry ingredients, add well beaten eggs, lastly add soda and hot water.

DEVIL'S FOOD CAKE

Sophia Schott Morrison

2 C. sugar	$1\frac{1}{2}$ C. sour milk	$2\frac{1}{2}$ C. flour
$\frac{1}{2}$ C. butter	1 t. vanilla	$1\frac{1}{2}$ t. soda
2 eggs		$2\frac{1}{2}$ sq. chocolate

Melt grated chocolate and butter together, add sugar, eggs, flavoring, sour milk in which soda has been dissolved, and flour. Mix thoroughly and bake in moderate oven.

RED DEVIL'S FOOD CAKE

Mrs. Merle D. Crane

1 C. sugar	2 C. flour	1 t. soda
1 C. sour cream	$\frac{1}{2}$ C. cocoa	$\frac{1}{4}$ C. boiling water
2 eggs	$\frac{1}{2}$ t. salt	1 t. vanilla

Mix cocoa, salt and flour together, beat eggs, add sugar, cream, vanilla and flour mixture. Dissolve soda in boiling water and add to cake mixture. Bake in moderate oven.

DEVIL'S FOOD

Mrs. E. B. Bush

Part I

1 C. brown sugar	1 C. grated chocolate	$\frac{1}{2}$ C. sweet milk
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Cook until thoroughly blended. Do not boil.

Part II

$\frac{1}{3}$ C. butter	3 egg yolks	2 C. flour
1 C. brown sugar	$\frac{1}{2}$ C. milk	1 t. soda

Cream butter and sugar, add beaten egg yolks. Add Part I, cooled. Add milk and sifted dry ingredients alternately. Beat well.

DEVIL'S FOOD CAKE

Mrs. A. B. Maxwell

Cream scant $\frac{1}{2}$ C. butter, to this add 1 C. light brown sugar, beat together about 5 minutes. Into 2 C. pastry flour, put 1 t. soda and $\frac{1}{4}$ t. salt, sift together twice. Mix 1 C. brown sugar, $\frac{1}{2}$ C. sweet milk and 6 t. cocoa in a sauce pan and heat together to the boiling point. Take $\frac{1}{2}$ C. sweet milk and alternate flour and milk into butter, sugar and 3 egg yolks, and lastly add the cocoa mixture, flavor with vanilla. Put in cool oven, increasing heat, bake about 45 minutes.

DEVIL'S FOOD CAKE

Mrs. E. J. Engeldinger

Cook together until thick $\frac{3}{4}$ C. grated chocolate and $\frac{1}{2}$ C. milk, and add $1\frac{1}{2}$ t. vanilla. Let cool before adding to cake.

3 eggs beaten 20 minutes

$\frac{1}{2}$ C. butter	1 t. vanilla
$1\frac{1}{2}$ C. sugar	1 t. soda dissolved in $1\frac{3}{4}$ C. flour (measure before sifting)
Bake in a loaf.	$\frac{1}{2}$ C. milk

RED DEVIL'S FOOD CAKE

Mrs. R. H. Brannberg

Beat together 1 C. sour cream, 2 C. sugar and 3 egg yolks, add 1 C. flour and $\frac{1}{4}$ cake chocolate, shaved and dissolved in $\frac{1}{2}$ C. boiling water and beat. Add $\frac{1}{2}$ t. cloves, 1 t. vanilla, $\frac{1}{4}$ t. salt. Add to $1\frac{1}{4}$ C. flour, 2 level t. soda and $\frac{1}{2}$ t. BP., and sift 3 times. Add to cake mixture and beat hard. Beat in the whites of 3 eggs, well beaten.

DEVIL'S FOOD CAKE

Mrs. B. E. McKelvey

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|----------------------------|-------------------------|----------------------|
| 2 C. sugar | 1 C. sour milk or | $\frac{1}{4}$ t. BP. |
| $\frac{1}{2}$ C. butter | buttermilk | 1 t. soda |
| 4 eggs | $2\frac{1}{2}$ C. flour | 1 t. vanilla |
| $\frac{2}{3}$ C. chocolate | | |
- Cream butter and sugar, add beaten egg yolks, sour milk, melted chocolate, sifted flour and BP. and soda dissolved in 1 T. hot water. Fold in beaten whites of eggs and vanilla, bake in 3 layers. Use favorite icing.

SOUR CREAM DEVIL'S FOOD CAKE

Mrs. H. W. Richey

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|-------------------------|-----------------------------------|-----------------------|
| $1\frac{1}{2}$ C. sugar | 2 eggs | 2 C. flour (sifted) |
| 1 C. sour whipping | $\frac{1}{2}$ C. cocoa | $\frac{3}{4}$ t. soda |
| cream | $\frac{1}{2}$ C. left over coffee | 2 t. vanilla |

(Use any preferred icing with this recipe.)

Cream and sugar are well blended first, then add yolks of eggs, beat the mixture well, add the coffee and dry ingredients alternately and beat well. (Sift the dry ingredients together 3 times.) Lastly add the vanilla and whites of eggs well beaten. Bake in moderate oven in an 8x13 pan.

RED DEVIL'S FOOD CAKE

Mrs. Mary Reed Wageck

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|-------------------------------------|----------------------------|-------------------------|
| 1 sq. chocolate | | butter size of walnut |
| dissolved in | 1 C. sugar | pinch of salt |
| $\frac{1}{2}$ C. boiling water, add | 1 egg | 1 t. vanilla |
| 1 t. soda | $\frac{1}{2}$ C. sour milk | $1\frac{1}{2}$ C. flour |

Cream butter and sugar, add egg yolk, then chocolate mixture, vanilla, and then milk, add flour, beat white of egg and fold in.

WELLSLEY FUDGE CAKE

Mrs. B. J. Firkins

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|-------------------------|-----------|----------------------------|
| $\frac{1}{2}$ C. butter | | |
| $1\frac{1}{2}$ C. sugar | 1 t. soda | 1 C. sour milk |
| 2 eggs | 1 t. BP. | $\frac{1}{2}$ C. cocoa |
| 2 C. flour | salt | $\frac{1}{3}$ C. hot water |

Mix as for any butter cake. Add the cocoa, which has been mixed with the water to form a smooth paste, lastly. Bake in a moderate oven.

DATE CAKE

Mrs. O. P. Rutledge

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|-----------------------|--------------|------------------------------|
| 2 C. dates stoned and | 1 C. sugar | $\frac{1}{2}$ C. chopped nut |
| chopped | 2 T. butter | meats |
| 1 t. soda | 1 egg | $1\frac{1}{2}$ C. flour |
| 1 C. boiling water | 1 t. vanilla | few grains salt |

Sprinkle soda over dates and add boiling water, cool, and combine mixtures. Bake in moderate oven.

DATE CAKE

Mrs. Geo. Graves

- | | | |
|----------------------------|----------------------|---------------------|
| 1 C. brown sugar | 1 t. vanilla | 1 grated lemon rind |
| $\frac{1}{2}$ C. butter | 1 lb. chopped dates | 1 t. soda |
| 2 eggs | 1 C. English walnuts | 2 C. flour |
| $\frac{1}{2}$ C. sour milk | | |
- Bake in 2 layers in moderate oven. Use white frosting.

QUICK CAKE

Mrs. Escott Hicks

Put into a bowl and beat all together the following:

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|-------------------------------|---------------------------|--|
| $\frac{1}{3}$ C. soft butter | $1\frac{3}{4}$ C. flour | $\frac{1}{2}$ t. grated nutmeg |
| $1\frac{1}{3}$ C. brown sugar | 3 t. BP. | $\frac{1}{2}$ lb. dates stoned and cut to pieces |
| 2 eggs | $\frac{1}{2}$ t. cinnamon | |
| $\frac{1}{2}$ C. milk | | |

If made according to directions this makes a delicious cake, but ingredients must not be added separately or it will not prove a success.

SPANISH BUN

Mrs. W. H. Stevenson

- | | | |
|---|------------------|---|
| $2\frac{1}{2}$ C. flour (measured before sifting) | 2 C. brown sugar | 2 t. cinnamon, cloves and nutmeg, mixed |
| 1 C. butter (scant) | 3 eggs | 1 C. cold water |
| | 2 t. BP. | |
- Bake in 1 loaf.

TUTTI FRUTTI CAKE

Mrs. Max Duitch

- | | | |
|-------------------------|-------------------------|-----------------|
| 1 C. white sugar | 1 C. sour milk | 1 C. dates |
| $\frac{1}{2}$ C. butter | 1 t. soda | 1 C. nuts |
| 1 egg beaten | $1\frac{1}{2}$ C. flour | 1 sq. chocolate |
- Bake 35 minutes in a moderate oven.

APPLE SAUCE CAKE

Mrs. Forman

- | | | |
|-------------------------|----------------------------|-----------------------------|
| $\frac{1}{2}$ C. butter | 1 t. soda | 1 C. sweet hot apple sauce |
| 1 egg | $1\frac{1}{2}$ t. cinnamon | 1 C. raisins, nuts or dates |
| 1 C. sugar | $\frac{1}{2}$ t. cloves | |
| $1\frac{1}{2}$ C. flour | 1 t. vanilla | |

Mix soda with apple sauce. After pouring in pan sift granulated sugar over top and bake.

BANANA CAKE

Mrs. W. F. LaGrange

- | | | |
|-------------------------|------------------------------------|-----------------------|
| $1\frac{1}{2}$ C. sugar | $2\frac{1}{4}$ C. flour | 1 t. soda |
| $\frac{1}{2}$ C. butter | 3 large bananas, put through ricer | 1 t. vanilla |
| 4 T. sour milk | | $\frac{1}{2}$ C. nuts |
| 2 eggs | | |
- Mix as for ordinary butter cake. Bake in a moderate oven in a loaf.

PRUNE CAKE

Mrs. E. B. Bush

2½ C. sugar	2½ t. soda	2 t. cloves
¾ C. butter	½ t. salt	4½ T. sour cream
5 eggs	1½ t. BP.	2½ C. cooked prunes
2½ C. flour	2 t. nutmeg	1 t. lemon extract

Cream butter and sugar, add beaten eggs, cream, and seeded cut-up prunes, add sifted dry ingredients and flavoring.

MRS. RODGER'S PRUNE CAKE

Mrs. F. H. Waters

1 C. sugar	1 t. soda	1 C. chopped cooked prunes
¾ C. butter	1¾ C. flour	spices to taste
3 eggs	1 t. vanilla	
4 T. sour cream		

Cream butter and sugar, add soda to sour cream and mix with sugar and butter. Add well beaten eggs, prunes, vanilla, then flour which has been mixed with spices. Beat well and cook in moderate oven. Excellent for school lunch.

MARASCHINO CHERRY CAKE

Mrs. W. F. LaGrange

½ C. shortening	3 t. BP.	5 oz. jar maraschino cherries
1¼ C. sugar	¼ t. salt	¼ C. cherry juice
2½ C. flour	4 egg whites	½ C. milk
(1⅛ = 2 T.)	½ C. nuts	

Cream shortening, add sugar gradually and cream thoroughly. Add nuts and cherries and dredge with 2 T. flour. Mix and sift flour, salt, BP., add nuts and cherries, then beaten egg whites. Bake for 50 minutes at 350° in a pan 8 inches square.

WASHINGTON PIE

Mrs. A. H. Munn

⅓ C. butter	½ t. salt	½ C. milk
1 C. sugar	1¾ C. flour	2½ t. BP.
2 eggs		

Cream butter, add sugar gradually, and the eggs well beaten. Mix and sift flour and BP., add alternately with milk to the first mixture. Bake 30 minutes in layer cake pans. Put cream filling between the layers and sprinkle the top with powdered sugar.

CAKE PUDDING

Mrs. G. M. Person

2 eggs	½ C. sour milk
2 T. cocoa	1 T. butter
Cook to boiling point then add:	
1 C. sugar	1 t. soda
½ C. sour milk	½ t. BP.
1½ C. flour	

Bake in layers in moderate oven.

BOSTON CREAM PIE

*Mrs. F. S. Edge**Crust*

3 eggs beaten separately, 1 C. granulated sugar, $1\frac{1}{2}$ C. sifted flour, 1 large t. BP. and 2 T. milk. Divide the batter in half and bake in two medium-sized pie tins. Bake in rather quick oven to a straw color. When done and cool, split each in half with sharp knife and spread half the filling cream between. Serve cold with whipped cream.

WASHINGTON PIE

Mrs. C. G. Cole

$\frac{1}{3}$ C. butter		$\frac{1}{2}$ t. vanilla
1 C. sugar	$2\frac{1}{2}$ t. BP.	$\frac{1}{2}$ C. milk or cream
$1\frac{1}{2}$ C. pastry flour	$\frac{1}{2}$ t. salt	2 eggs

Cream the fat and add the sugar gradually, add eggs well beaten or whites may be beaten separately and added last. Sift flour, BP., and salt and add alternately with the milk and flavoring. Bake in two 9 inch layers in moderate oven. Put cream filling between the layers and cover the top with powdered sugar.

U-GUESS CAKE

Mrs. R. H. Harrison

2 T. cocoa	$\frac{1}{2}$ C. milk	1 egg
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Cook in double boiler until thick. Cream 1 C. sugar, 1 T. butter, add to this the first part and $\frac{1}{2}$ C. sour milk in which $\frac{1}{2}$ t. soda is dissolved, $1\frac{1}{2}$ C. flour, 1 t. BP. Bake in large dripping pan, size 9x15.

CREOLE CAKE

Mrs. L. C. Tallman

$\frac{1}{2}$ C. butter		2 C. flour
2 C. brown sugar	3 egg whites	1 t. soda
3 egg yolks	$\frac{1}{2}$ C. hot strong coffee	$\frac{1}{2}$ C. sour heavy
$\frac{1}{3}$ C. cocoa	infusion	cream

Cream butter and gradually beat in the sugar, then add egg yolks beaten until thick. Add coffee infusion to cocoa and let stand until cool, add to first mixture, then add cream, and flour sifted with soda. Fold in stiffly beaten egg whites. Bake in layer cake pans in a moderate oven about 15 minutes. Put layers together with boiled icing, cover top with icing and when set, spread with a thin layer of melted chocolate.

GRAHAM CRACKER CAKE

Mrs. John Hoover

1 C. sugar	3 eggs beaten separately	1 t. BP.
$\frac{1}{2}$ C. butter		28 graham crackers
$\frac{3}{4}$ C. milk	1 t. vanilla	rolled fine like flour

This makes two layers. Combine as any butter cake.

Filling

Work $1\frac{1}{4}$ C. butter into $1\frac{3}{4}$ C. powdered sugar, add enough milk or cream to make soft enough to spread on cake. Whip until creamy.

DELMONICO CAKE

Mrs. C. S. Reddy

1½ C. sugar
6 T. butter
3 eggs
1 t. soda

1 C. cooked prunes
cut fine
1 C. sour milk

½ C. walnut meat
(cut)
1 t. BP.
2 C. cake flour

Cream butter, add sugar, eggs slightly beaten, then sour milk to which soda has been added and flour to which BP. has been added. Flour prunes before adding to cake mixture. Bake in 2 layers, temperature 350°.

IMPERIAL CAKE

*Mrs. A. S. Welch, First Dean of Home Economics, I. S. C.**Mrs. Herman Knapp*

1 lb. sugar
1 lb. butter

beaten yolks 10 eggs
1 lb. flour

grated rind and juice
1 lemon

Whites of 10 eggs, beaten stiff, then add:

1 lb. almonds, blanched and split ½ lb. raisins
½ lb. citron, shredded
1 t. each of pectarin and rosewater in 2 T. water.
Bake in slow oven 1 hour.

these dredged in 2
lb. extra flour

FRUIT CAKE

Mrs. J. B. Davidson

1½ C. brown sugar
4 eggs
2 t. salt
3 C. flour
1 C. cooking oil
2 t. cinnamon

1 t. cloves
1 grated lemon rind
1 C. candied cherries
1 C. candied pineapple
1 C. citron

1 C. figs
1 C. raisins
3 C. nut meats
1 C. fruit juice
1 t. nutmeg
1 t. BP.

Beat together sugar, oil and egg yolks. Sift together flour, spices, salt, BP. and add fruit. Combine mixtures alternately with the fruit juice.

CHRISTMAS FRUIT CAKE

Mrs. E. E. Little

2 C. sugar
2 C. butter
6 eggs
4 C. raisins
4 C. currants
4 C. flour

4 t. BP.
1 C. almonds
2 C. citron
2 T. orange peel
2 T. lemon peel
1 C. grape juice

2 t. cinnamon
½ t. nutmeg
½ t. mace
¼ t. allspice
¼ t. cloves
½ salt

FRUIT CAKE

Mrs. W. F. LaGrange

1 C. figs or dates,
grind

1 C. nuts

Pour 1 C. boiling water with 1 t. soda over fruit and let stand while mixing cake.

1 C. sugar
½ C. butter

2 eggs, well beaten
1½ C. flour

1 C. raisins
grind
vanilla
1 t. cinnamon, allspice, and cloves

FRUIT CAKE

Mrs. H. L. Eichling

- | | | |
|---------------------------|-------------------------|---------------------------------|
| 1 lb. butter | 2 lb. sultana raisins | 1 lb. blanched almonds cut fine |
| 1 lb. sugar | 1 glass grape jelly | 1 T. cinnamon |
| 1 lb. pastry flour sifted | 2 t. melted chocolate | 1 scant T. nutmeg |
| 12 eggs beaten separately | 1 lb. candied cherries | $\frac{1}{2}$ T. allspice |
| 1 lb. citron shaved thin | 1 lb. candied pineapple | 1 t. cloves |
| 2 lb. large seed raisins | 1 lb. shelled pecans | 1 glass grape juice |

Soak fruit over night in grape juice, cream butter and sugar thoroughly, add well beaten yolks, then grape jelly and chocolate and part of flour. Roll fruit in remainder of flour, fold in beaten whites, add shredded nuts lastly. Bake slowly 4 to 6 hours.

DELICIOUS FRUIT CAKE

Mrs. F. P. Reed

- | | | |
|-----------------------|--------------------------|------------------------|
| 2 C. dark brown sugar | 1 t. cloves | 1 C. chopped pineapple |
| 2 C. water | 1 t. mace | 3 C. flour |
| 1 C. raisins | 1 t. salt | 1 t. soda |
| $\frac{1}{4}$ C. fat | 1 C. seeded red cherries | 1 C. nut meats |
| 2 t. cinnamon | | |

Mix sugar, water, fat, raisins, cinnamon, cloves, mace, cherries, and pineapple. Cook, stirring frequently, for 15 minutes. Cool, and add the rest of the ingredients. Place this batter in a large loaf cake pan which has been lined with waxed paper. Bake in moderately slow oven $1\frac{1}{2}$ hours.

WHITE FRUIT CAKE

- | | | |
|-------------------------|---------------------------------------|-------------------------------------|
| $1\frac{1}{2}$ C. sugar | 1 T. lemon juice | $\frac{1}{2}$ lb. candied pineapple |
| 1 C. butter | 4 C. cake flour | $\frac{1}{2}$ lb. candied cherries |
| 10 egg whites | 1 lb. seedless raisins | 1 lb. blanched almonds |
| $\frac{1}{2}$ t. salt | $\frac{1}{2}$ lb. citron | |
| 1 t. BP. | $\frac{1}{4}$ lb. candied orange peel | |
| $\frac{1}{2}$ t. soda | | |

Bake in slow oven $2\frac{1}{2}$ hours.

FRUIT CAKE

Mrs. G. C. Fancher

- | | | |
|----------------------------|----------------------------|---------------------------------|
| $1\frac{1}{4}$ C. sugar | $\frac{1}{2}$ t. nutmeg | 2 oz. citron |
| $\frac{2}{3}$ C. butter | $\frac{1}{4}$ t. allspice | 2 oz. candied pineapple |
| $\frac{1}{2}$ C. sorghum | $2\frac{3}{4}$ C. flour | 2 oz. candied cherries |
| 4 eggs (beaten separately) | $\frac{3}{4}$ C. sour milk | 2 C. pecan meats |
| $\frac{1}{4}$ t. salt | 2 lb. seedless raisins | 1 h. t. BP. |
| 1 t. cinnamon | 1 lb. seeded raisins | $\frac{1}{2}$ t. soda (in milk) |
| | 1 lb. chopped dates | |

Combine ingredients, steam 3 hours, then bake 30 minutes in slow oven. Makes 8 lbs.

ORANGE LAYER CAKE

Mrs. C. S. Dorchester

1 C. sugar	2 eggs	1½ C. flour
1 heaping T. butter	1 C. milk	3 t. BP.
¼ t. salt		1 t. vanilla

Combine sugar, butter and salt, add egg yolks. Sift flour and BP. together and add alternately with milk. Lastly add beaten egg whites and vanilla. Bake in 2 large layer cake pans.

LEMON JELLY CAKE

Mrs. L. C. Tilden

2 C. sugar	1 C. milk	3 eggs
½ C. butter	3 C. flour	2 t. BP.

Serve with lemon jelly filling.

LADY BALTIMORE CAKE

Mrs. Chas. Cooney

1½ C. sugar	3 C. flour	½ t. rose extract
1 C. butter	2 t. BP.	7 egg whites
1 C. milk		¼ t. salt

Combine as any butter cake. Bake in layers. Use Lady Baltimore filling.

WHITE LAYER CAKE

Mrs. T. L. Rice

½ C. butter	3 level C. flour (sift	½ t. vanilla and lem-
1½ C. sugar	once before measur-	on mixed
1 C. milk	ing)	5 egg whites
4 level t. BP.		

Cream butter, add sugar and continue creaming, add flavoring, flour and milk alternately. Beat vigorously, add BP., add stiffly beaten egg whites. Bake in moderate oven.

WHITE CAKE (loaf or layer)

Mrs. Charles B. Ash

2 C. sugar	1 C. milk	6 egg whites
1 C. butter	3½ C. flour	2 t. BP.

Mix all ingredients together except the beaten whites and ½ C. flour. Beat eggs stiff and add together with the ½ C. flour into which the BP. has been added the last thing.

YELLOW CAKE

Mrs. I. E. Melhus

1¼ C. sugar	2 eggs beaten	2¼ C. flour
½ C. butter (cream to-	1 C. water	2 t. BP.
gether)		

Flavor to taste. Bake in 2 layers.

LAYER CAKE

Mrs. J. H. Ainsworth

1 C. sugar	2 eggs	2 C. flour
$\frac{1}{3}$ C. butter	$\frac{2}{3}$ C. sweet milk	2 t. BP.

Beat sugar and butter to a cream, add eggs well beaten, then milk. Lastly add flour and BP. sifted together. Bake quickly. Frost with any desired frosting.

WHITE LAYER CAKE

Mrs. B. E. McKelvey

2 C. sugar	$2\frac{3}{4}$ C. flour	6 egg whites beaten
1 C. butter	3 heaping t. BP.	stiff
1 C. cold water	$\frac{1}{4}$ t. salt	1 t. lemon extract

Mix as any other cake. Bake in 3 layers, coloring one pink if desired.

SPICE LAYER CAKE (three layers)

Mrs. Mary G. Bryant

$1\frac{1}{2}$ C. sugar		2 t. BP.
$\frac{1}{2}$ C. butter	1 C. sweet milk	1 t. cloves
2 eggs	2 C. flour	1 t. cinnamon

Cream butter and sugar, beat eggs and add. Sift BP. with flour and add milk and flour alternately, beating well. Take out white layers and add spice to batter for middle layer.

ANGEL FOOD CAKE

Mrs. W. A. Thompson

9 to 11 egg whites		$\frac{1}{4}$ t. salt
$1\frac{1}{2}$ C. fine sugar	1 t. cream tartar	$\frac{1}{2}$ t. each lemon and
1 C. cake flour	$\frac{1}{2}$ t. BP.	vanilla

Sift flour and sugar each four times before measuring. Add BP. to flour and sift again. Add salt and cream tartar to egg whites and beat until very light. Fold in sugar, sift in flour slowly, fold into mixture. Add extract and bake in a slow oven.

ANGEL FOOD CAKE

Mrs. H. D. Bergman

$1\frac{1}{2}$ C. granulated sugar, 1 C. flour sifted twice before measured with 1 t. cream of tartar. (Sift sugar, flour, and cream of tartar 4 or 5 times), whites of 12 eggs beaten stiff with a pinch of salt. Fold in the dry ingredients and lastly add 1 t. of vanilla. Bake 1 hour in a very slow oven in a 1 gallon crock.

ANGEL FOOD CAKE

Mrs. W. F. Coover

11 egg whites	2 C. sugar	pinch of salt
1 t. cream of tartar	$1\frac{1}{3}$ C. flour	1 t. vanilla

Sift flour and sugar each 5 times, beat whites with a whip and when partly beaten add cream of tartar and salt. When very stiff, fold in sugar a little at a time, then flour. Do not mix too long.

ANGEL FOOD CAKE

Mrs. C. L. Little

13/4 C. egg whites		
13/4 C. sugar	1 slightly rounded t.	1/8 t. salt
1 1/2 C. cake flour	cream of tartar	1 1/2 t. flavoring

Beat egg whites until frothy, add salt, cream of tartar, and beat until eggs form a point, but not dry. Sprinkle in sugar, a little at a time. Use slotted spoon to fold in flour and flavoring. Pour into ungreased pan and drop 3 times from a height of 12 inches to improve texture. Put in cold oven and bake 55 to 60 minutes, in moderate oven. Invert pan, remove cake when cold.

CHOCOLATE ANGEL CAKE

Mrs. B. J. Firkins

11 egg whites		
1 1/2 C. sugar	1/4 C. cocoa	1 t. cream of tartar
3/4 C. flour	1/4 t. salt	1 t. vanilla

Beat eggs frothy with salt, add cream of tartar, beat until stiff. Gradually fold in sugar and flavoring. Lastly, fold in flour, sifted with cocoa. Bake in ungreased tube pan for 1 hour. Start with a cool oven and increase heat every 15 minutes.

GOLDEN ANGEL CAKE

Mrs. J. E. Brindley

1 1/2 C. sugar	1 C. cake flour	1 t. cream of tartar
1 1/2 C. egg whites	9 egg yolks	1 t. vanilla

Beat the egg whites until foamy and then add cream of tartar and beat until the egg whites will hold a point. Add sugar and beat again. Add flour to batter with gentle folding strokes. Add egg yolks which have been beaten until lemon colored and fold them into the batter gently. Add vanilla. This makes a large cake and one that keeps well.

SUNSHINE CAKE

Mrs. C. F. Curtiss

1 1/4 C. sugar		6 eggs
1/2 C. water	1/4 t. salt	1/2 t. cream of tartar

Boil sugar and water until it threads, beat the whites of eggs with salt and cream of tartar, beat very stiff, pour on boiling syrup, let cool. Fold in well beaten yolks and 1 C. pastry flour, flavoring.

SUNSHINE CAKE

Ethel Carpenter and Florence Walls

1 1/4 C. sugar		
5 T. boiling water	4 egg yolks	1/2 t. salt
6 egg whites	1 C. cake flour	1/2 t. vanilla

Add boiling water to sugar and boil until sugar is dissolved, beat egg whites until stiff, add hot syrup, slowly beating 10 minutes, fold in beaten egg yolks, flour, salt and vanilla. Bake like angel food.

SYRUP METHOD ANGEL CAKE

Mrs. J. L. Robinson

- | | | |
|-------------------------|--------------------|-----------------------|
| 1 C. sifted cake flour | | $\frac{1}{4}$ t. salt |
| $1\frac{1}{2}$ C. sugar | 1 C. egg whites (8 | 1 t. cream tartar |
| $\frac{2}{3}$ C. water | to 10 eggs) | 1 t. flavoring |

Sift flour, measure and sift 5 times, boil sugar and water until it spins a thread (242°), beat egg whites (with wire whip) and salt, until foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold peaks, but not dry. Cool syrup slightly (10 to 15 minutes) and pour gradually over egg whites. Fold in flour carefully, then flavoring. Pour into ungreased angel food pan and bake in a slow oven about 1 hour. Begin at 275° and after 45 minutes increase to about 325° . Remove from oven and invert pan until cold.

DAFFODIL CAKE (angel sponge marble)

Mrs. J. L. Robinson

- | | | |
|---|--|--|
| $\frac{1}{2}$ C. cake flour for white part | $1\frac{1}{4}$ C. egg whites (9-11 eggs) | $\frac{1}{2}$ t. vanilla to white part |
| $\frac{2}{3}$ C. cake flour for yellow part | 1 t. cream of tartar | $\frac{1}{2}$ t. orange to yellow part |
| 4 egg yolks beaten light | 1 C and 2 T. sifted sugar | $\frac{1}{2}$ t. salt |

Sift flour once, measure and sift 5 times, beat egg whites until foamy, add salt and cream of tartar. Continue to beat with wire whip until the whites hold a peak. Fold in sifted sugar gradually, divide into 2 parts. To one part fold in $\frac{1}{2}$ C. flour and vanilla, to other part fold in beaten egg yolks, $\frac{2}{3}$ C. flour and orange extract. Put by T. into ungreased angel food pans, alternating yellow and white mixtures. Bake in slow oven (325°) for 60 minutes. Invert pan until cake is cold.

SPONGE CAKE

Mrs. L. C. Tilden

- | | | |
|--------------------|------------------------------------|-----------------------|
| 4 egg yolks | 2 T. corn starch | $1\frac{1}{2}$ t. BP. |
| 1 C. sugar | 1 C. sifted pastry flour less 2 T. | $\frac{1}{8}$ t. salt |
| 1 t. lemon extract | | 4 egg whites |
| 3 T. water | | |

Beat egg yolks, add sugar slowly while beating constantly. Add lemon extract and water. Mix corn starch, flour, BP., salt and add to first mixture, add stiffly beaten egg whites last. Bake in moderate oven 25 minutes.

NEVER FAIL SPONGE CAKE

Mrs. J. L. Robinson

- | | | |
|----------------------------------|------------------------|--------------------|
| 6 egg whites | 1 C. sugar | 6 egg yolks |
| $\frac{1}{4}$ t. cream of tartar | $\frac{1}{4}$ C. water | 1 t. lemon extract |
| 1 C. flour | | |

Put water, sugar, and cream of tartar on to boil and when syrup spins a thread remove from fire, cool slightly and beat into stiffly beaten

egg whites. Have egg yolks beaten light and flour sifted five times, fold yolks into warm mixture. When well blended, sift in gradually the flour, add extract and bake in an ungreased angel food pan 45 to 60 minutes in slow oven. Remove from oven and invert pan until cold.

ORANGE SPONGE CAKE

Mrs. W. H. Stevenson

2 C. sugar		1 t. BP.
$\frac{1}{2}$ C. water	2 C. flour	juice and rind of 1
5 egg yolks	4 egg whites	orange

Bake in three layers.

HOT MILK SPONGE CAKE

Mrs. Ed Kooser

1 C. sifted cake flour	3 eggs	2 t. lemon juice
1 t. BP.	1 C. sugar	6 T. hot milk

Sift flour once, measure, add BP. and sift together 3 times, beat eggs until very thick and light and almost white (whole eggs), add sugar gradually, beating constantly, add lemon juice, fold in flour alternately with hot milk, mixing quickly until batter is smooth. Bake at once in ungreased tube pan in moderate oven (350°) for 45 minutes. Remove from oven and invert the pan for 1 hour or until cold. All measurements are level.

SPONGE CAKE

Mrs. R. H. Sylvester

Beat 2 eggs light, then add slowly 1 C. sugar and beat until foamy, mix 1 t. BP. with 1 C. sifted cake flour, add $\frac{1}{3}$ C. boiling water and flour alternately to egg mixture, add $\frac{1}{2}$ t. flavoring.

Rinse baking pan with cold water, pour in cake mixture and bake in moderate oven about 20 minutes. Remove cake from pan when cold.

BETTY CROCKER'S JELLY ROLL

Mrs. B. J. Firkins

3 eggs		salt
1 C. sugar	1 C. flour	flavoring
5 T. water	1 t. BP.	$\frac{1}{2}$ C. jelly or jam

Beat eggs, add sugar and beat, add water, then sifted dry ingredients. Bake in 9x12 pan with paper in it. The batter should be only $\frac{1}{2}$ inch thick. Bake 15 minutes. Turn on a cloth sprinkled with powdered sugar, spread with filling and roll carefully and quickly. Wrap in a towel until cool.

FROSTINGS

*"We'll mix and bake
The dainty cake,
And beat the frosting light
The sweetest plan
To please a man
Is through his appetite."*

CONFECTIONERS' FROSTING

2 T. boiling water or cream
confectioners' sugar
flavoring
To liquid add enough sifted sugar to make the right consistency to spread, then add flavoring.

ICING

Mrs. Mary G. Bryant

2 C. confectioners' sugar
2 T. butter
2 T. milk
flavoring

CARAMEL ICING

2 C. light brown sugar
1 t. butter
1 C. milk
1 t. vanilla
Boil together the sugar and milk until they form a soft ball when tried in cold water, add butter and remove from fire. When cold add vanilla and beat until creamy, spread quickly on cake. If milk curdles add a pinch of soda to it.

CHOCOLATE ICING

Mrs. Chas. Cooney

$\frac{1}{4}$ C. hot cream
1 sq. chocolate
2 T. butter
2 C. powdered sugar
Add butter to hot cream, add chocolate and vanilla and then sugar. Beat thoroughly.

CHOCOLATE FROSTING

Mrs. A. H. Munn

Cream 2 C. powdered sugar with a piece of butter the size of an egg. Add:

yolk of 1 egg
2 sq. chocolate melted
3 to 5 T. boiling water
vanilla and nuts

COMFORT ICING

Mrs. W. H. Stevenson

$2\frac{1}{2}$ C. sugar
 $\frac{1}{2}$ C. light corn syrup
 $\frac{1}{2}$ C. water
2 egg whites
 $1\frac{1}{2}$ t. vanilla

Cook together sugar, corn syrup and water until syrup spins a thread, or 242° . Pour slowly over well-beaten eggs, add flavoring, beat until it will hold its shape. This can be made several days in advance, if kept in a well covered utensil. Do not spread until sure that it is well beaten, almost cold, creamy to taste, and stiff enough to mold.

FIG FILLING

 $\frac{1}{2}$ lb. chopped figs $\frac{1}{3}$ C. sugar $\frac{1}{3}$ C. boiling water

1 T. lemon juice

Mix the ingredients in the order in which they are given in the recipe. Cook the mixture until it is thick enough to spread on cake. This recipe can be varied by substituting a quantity of raisins for part of the figs and by adding $\frac{1}{4}$ C. chopped nut meats.

FUDGE FROSTING

Mrs. J. L. Robinson

2 C. sugar

2 sq. unsweetened
chocolate

2 T. corn syrup

 $\frac{2}{3}$ C. milk

2 T. butter

1 t. vanilla

Cook sugar, chocolate (cut in small pieces), corn syrup, and milk, stirring until sugar is dissolved, then stir occasionally to prevent burning. Cook until syrup forms a very soft ball when tested in cold water (232°), remove from fire. Add butter, cool to lukewarm (110°), add vanilla, beat until frosting is light and creamy and the right consistency to spread.

LADY BALTIMORE FILLING

 $1\frac{1}{2}$ C. granulated sugar

2 egg whites

 $\frac{1}{2}$ C. chopped raisins $\frac{1}{4}$ C. chopped dates $\frac{3}{4}$ C. boiling water

vanilla

 $\frac{1}{4}$ C. shredded figs $\frac{1}{4}$ C. chopped nuts $\frac{1}{4}$ C. chopped cher-
ries

Cook the sugar in water until it spins a thread, pour the syrup on the stiffly beaten egg whites, beat until light and fluffy. Divide the mixture in two parts, flavor one part with vanilla and to the other add the raisins, figs, dates, nuts, and cherries. Spread this mixture between the layers and cover the top with the remaining part of the white icing.

MOCHA FILLING

1 C. powdered sugar

butter size of an egg

Cream these together, then add 2 T. cocoa, 2 T. black coffee and 1 t. vanilla. Beat thoroughly.

ORANGE FROSTING

Mrs. J. H. Ainsworth

To the grated rind of 1, and juice of 2 oranges, add 1 t. lemon juice and 2 T. melted butter and confectioners' sugar until stiff enough to spread. This is particularly good spread on sunshine cake or on individual cakes, and is easily made.

PINEAPPLE FILLING

Mrs. J. L. Boatman $\frac{1}{2}$ C. granulated sugar $\frac{1}{4}$ C. water $\frac{1}{2}$ t. lemon juice4 slices pineapple cut
in small pieces

Cook sugar and water until it forms a soft ball in cold water (228°), add pineapple and continue cooking until it forms a thick syrup. Be careful that it does not turn dark. When cold add lemon juice and spread on cake.

SEVEN MINUTE FROSTING

Mrs. H. S. Hardie and Mrs. Fred Davis

- 1 C. sugar 3 T. cold water 1 egg white (unbeaten)
 Use double boiler. Have water boiling in lower part, place ingredients in upper part and beat with rotary egg beater over fire for 7 minutes. Remove from fire and beat with spoon for 1 minute. Add any flavoring desired.

WHITE FLUFFY

Mrs. J. L. Robinson

- 1½ C. sugar ½ C. water cook until spins thread
 Beat into 2 stiffly beaten egg whites, add 5 melted marshmallows.

ORANGE CREAM FILLING

Mrs. M. Mortensen

- 2 C. confectioners' sugar 1 egg white juice of 1 orange
 Put egg and orange in a bowl, add sugar gradually, beat until creamy. Spread on cake when cold.

ORANGE FILLING

Mrs. C. S. Dorchester

- ½ C. water ½ C. sugar 1 heaping T. corn-starch
 1 egg yolk (reserve white for icing) juice 1 large orange
 Bring sugar, water, and juice to a boil, add cornstarch mixed with a little water, when thick remove from fire and add egg yolk. Cool and spread between layers of cake. Mix egg white with powdered sugar and preferred flavoring. Cover top of cake and garnish with sections of orange.

LEMON JELLY

Mrs. L. C. Tilden

- 1 C. sugar 1 T. butter grated rind and juice of 1 lemon
 Cook until thick. Spread the jelly between layers and on top.

FRESH STRAWBERRIES AND POWDERED SUGAR FROSTINGS

Mrs. Alva L. Howard

- 1 C. strawberries (mashed and beaten) and 2 C. powdered sugar with just enough cream and butter to mix well. This is a lovely frosting for angel food cake.

INCH HIGH ICING

- 1 t. gelatine 1 C. sugar 2 egg whites
 3 T. cold water ¼ C. hot water ½ t. vanilla
 Soak gelatine in cold water and dissolve over steam, dissolve sugar in hot water and boil until syrup will spin a thread, strain gelatine syrup. Have egg whites beaten very stiff on platter, add syrup slowly, beating constantly. When thick enough to hold shape, it is ready for use.

LEMON FILLING

1 C. sugar
pinch of salt

2 T. butter
juice of 2 lemons

1 T. flour
2 beaten eggs

Stir together in the order above and cook in a double boiler till smooth and creamy, spread on each layer.

CHOCOLATE ICING

2 sq. chocolate
1½ C. sugar
½ C. water

¼ t. cream tartar or
1 T. syrup

1 T. butter
vanilla
2 T. cream

Cook sugar, water, butter, cream of tartar, and chocolate to soft ball stage without stirring, let cool and thin with cream.

MAPLE SUGAR FROSTING

2 C. maple sugar

2 egg whites

½ C. boiling water

Make a syrup of the maple sugar and water and boil to the soft-ball stage, remove from fire and cool while beating egg-whites, then pour syrup in a thin stream over the stiff whites. Beat the mixture until it is thick enough to spread.

CARAMEL ICING

Mrs. H. W. Richey

⅞ C. sugar

3 T. water

1 egg white

Put ingredients in top of double boiler, water in lower part, stir and cook for 8 minutes, using heavy doyer beater. Remove from fire, add 3 t. caramel flavor, 1 t. vanilla and beat and stir until ready to set, then put on the cake.

LADY BALTIMORE FILLING

Mrs. Chas. Cooney

½ C. water

2 C. sugar

2 C. chopped raisins

1 C. chopped pecan
meats

2 C. chopped figs

½ t. almond extract

3 egg whites

Boil sugar in water until it spins a thread, pour very slowly over the stiffly beaten egg whites, beat until creamy, then add extract, fruit and nuts. Spread filling between layers and over the cake. Dates may be used if desired.

U-GUESS CAKE FILLING

Mrs. R. H. Harrison

1 C. sugar

½ C. flour

Add: 1 t. each lemon
and vanilla

½ C. hot water (use
part pineapple juice)

1 C. dates, cut fine

1 C. pineapple

butter size of an egg
cook till thick

½ C. raisins

½ C. nutmeats

Spread on cake while warm, serve with whipped cream.

MOCK ANGEL CAKE FILLING

Mrs. Minos Fall

1 C. seeded raisins

1 C. figs

1⅔ C. powdered sugar

½ C. cream or milk

Grind raisins and figs together in food grinder, add to ½ of the above frosting for filling. Frost top layer with remainder of frosting.

WASHINGTON PIE FILLING

Mrs. A. H. Munn

1 pt. milk

 $\frac{2}{3}$ C. sugar

2 T. cornstarch

1 egg well beaten
vanilla

Heat milk in double boiler, add cornstarch, sugar, egg and vanilla. Arrange maraschino cherries on top with powdered sugar.

CAKE PUDDING FILLING

Mrs. G. M. Person

1 C. sugar

 $\frac{1}{2}$ C. flour

pinch of salt

butter size of walnut

Flavor with lemon and vanilla, add small can shredded pineapple, 1 pkg. seeded cooked raisins. Cook until thick.

WASHINGTON PIE CREAM FILLING

Mrs. C. G. Cole $\frac{1}{2}$ C. cold milk

1 C. sugar

1 C. hot milk

 $\frac{1}{3}$ C. flour

1 egg

1 t. vanilla

 $\frac{3}{4}$ t. salt

Mix flour and sugar together, add cold milk and eggs and mix until smooth. Pour hot milk into the mixture and cook in double boiler until it just comes to a boil. Add salt and vanilla when it has cooled. Serves from 8 to 10.

BOSTON CREAM PIE FILLING

Mrs. F. S. Edge

Put 1 pt. of milk to heat in double boiler, break 2 eggs into a dish and add 1 C. sugar and $\frac{1}{2}$ C. flour previously mixed. After beating well stir into hot milk, add 1 oz. butter and cook until it thickens. Flavor with vanilla or lemon.

HORS D'OEUVRES, COCKTAILS, SANDWICHES AND CANAPES

Hors d'oeuvres are relishes and may be served either hot or cold. Ordinarily only the cold hors d'oeuvres, such as cress, salted nuts, olives, radishes, stuffed celery, ham rolls, or canapes are served. They are appetizers and may be used at the beginning of a meal or passed between courses. At more formal affairs hors d'oeuvres are used hot.

As cold hors d'oeuvres the following may be used: radishes, celery, either plain or stuffed with cheese, olives, cress, pickled onions, sliced cucumbers or tomatoes, pickles, anchovies, sardines, bologna sausage, pig's feet, oysters on half shell, salted nuts, and canapes made of fried toast and spread with fish, cheese, or meat mixtures.

Hot hors d'oeuvres such as small patties of meat, rissoles, sausages with or without truffles, broiled kidney, pig's feet or fried brains. Most of these have been treated in other chapters. We mention only a few.

ANCHOVIES IN OIL

1 pt. bottle boned
anchovies

1 hard cooked egg

chopped parsley to
garnish

Drain oil from anchovies, mash, spread on prepared toast, slip into broiling oven and cook until hot through. Cover with riced egg and garnish with finely chopped parsley, serve hot. Sardines may be used in place of anchovies.

Ham rolls might also have been included in the platter of hors d'oeuvres described above. In making these, blend together 1 small cream cheese, 6 chopped stuffed olives, 1 t. prepared horseradish, 2 T. of cream or top milk, and salt and pepper to taste. Spread this mixture on 12 thin slices of delicatessen ham, roll each slice tightly and serve. This same dish makes an individual service by placing 2 rolls on a leaf of lettuce.

For mushroom and ham canapes, sauté rounds or oblongs of bread on one side only, spread the untoasted side with a deviled ham mixture made by combining 1 medium can of deviled ham with 2 T. of chopped pickle. Garnish the top with whole or sliced fresh or canned mushrooms which have been sautéed in fat for about 5 minutes. This filling spreads about 12 canapes.

For cream of cheese wafers, select long, narrow wafers, which have been crisped in the oven. Meanwhile cream together 1 small cream cheese and 2 T. of caviar. Spread this mixture on the wafers, sprinkle with finely chopped onion, and top with anchovies. Makes 12 canapes.

For tomato and bacon canapes, cut rounds of bread $\frac{1}{4}$ inch thick and sauté in hot fat until brown on one side. Spread the untoasted side of each round with chopped, crisp bacon mixed with mayonnaise. On top of the bacon lay thin slices of tomato which have been marinated in French dressing. Garnish with stuffed olives and serve each one on a bed of watercress.

SARDINES CANAPE

Remove skins and bones of drained canned sardines, add a piece of butter and rub through a sieve. Stir in, all very finely chopped, 1 t. parsley, and a little chive, 1 hard-cooked egg, season with a drop of Tabasco and a few drops of lemon juice, and salt as needed. Mix thoroughly, spread over canape toast prepared as directed, and garnish with chopped parsley.

SMOKED HERRING CANAPE

Turn a smoked herring into boiling water, simmer 5 minutes, and drain, remove skin and bones, rub through a puree strainer, and prepare same as sardine canape above, leaving out the salt.

FOUNDATION CANAPE TOAST

Slice stale sandwich bread $\frac{1}{4}$ inch thick, cut into desired shape. Dip each side into melted butter and brown in the oven until golden brown, or drop your shaped bread into hot deep fat and brown quickly.

DEXTER CANAPES

Cut stale bread in $\frac{1}{4}$ inch slices, then in oval shapes. Toast on one side and spread untoasted side with anchovy butter. Cover each with a slice of tomato, cut same size as bread, spread tomato with mayonnaise dressing, sprinkle with the yolks of hard-boiled egg forced through a potato ricer, and then the whites finely chopped. Garnish with a ring of green pepper around outside and a piece of olive and parsley in center. Arrange for individual service on small plates covered with a lace paper doily.

TOMATO AND PINEAPPLE COCKTAIL

1 C. crushed pineapple 4 large ripe tomatoes
Peel tomatoes and cut into small pieces. Drain pineapple and mix the two. Let stand in fine sieve until well drained, add $\frac{1}{4}$ C. French dressing, salt to taste. Chill thoroughly and serve.

COCKTAIL COMBINATIONS

Honeydew melon and watermelon.

Cantaloupe and watermelon.

Honeydew melon and celery.

Chill and dress above as for tomato and pineapple cocktail. Orange or lemon juice may be substituted for vinegar in your French dressing.

Canned and fresh fruits may be used in various combinations. French dressing may be omitted and lemon or orange juice used instead.

Mint leaves or maraschino cherries make excellent garnishes for fruit cocktails.

WATERMELONS

WATERMELON BALLS WITH FRUIT ICE

3 C. watermelon balls

1 pt. fruit ice

Cut balls from the watermelon with a scoop made specially for that purpose, set in the ice box until time to serve. Place sherbet glasses in the ice box or in the coolest place available. Serve watermelon balls in sherbet glasses with a ball of fruit ice on top. Serves 6.

MELON CUP

1 pt. watermelon cubes

(1/2 inch cubes)

1/2 C. cantaloups cubes

(1/2 inch cubes)

2 t. lemon juice

1/2 t. salt

2 T. simple syrup

Place watermelon and cantaloupe cubes in the ice box. Mix simple syrup and lemon juice and chill. A short time before serving combine the syrup with the melon. Place in sherbet glasses and sprinkle 1/8 t. salt over each serving. Serves 4.

SIMPLE SYRUP

1/2 C. sugar

1/2 C. water

Heat sugar and water, stir until sugar is dissolved.

HONEY DEW MELONS WITH GRAPE JUICE

1/2 C. grape juice

2 t. lemon juice

1 pt. honeydew melon

1/4 C. water

1/2 t. salt

balls

Mix grape juice, water and lemon juice, and chill. Combine with melon balls an hour or so before time to serve. Sprinkle 1/8 t. salt on each serving. Serves 4.

CANTALOUPE AND BANANA

1 1/2 C. diced bananas

1 1/2 C. cubed cantaloupe

1 T. lemon juice

1 T. simple syrup

Combine the ingredients and set in the ice box until chilled. Serves 6.

FRUIT CUP

2 C. sliced orange

1/2 C. hot water

1/2 C. sliced grape-
fruit

2 T. lemon juice

1/2 C. sugar

1/8 t. cinnamon

maraschino cherries if
desired

1/2 C. sliced pineapple

1 t. nutmeg

Mix the water, sugar and spices for 5 minutes. Prepare fruit and put in cold place, saving the juice to mix with the syrup when cold. Serve in glasses and top with cherry. Serves 8.

OYSTER COCKTAIL

Allow 7 blue point oysters to each person, and season with 3/4 T. lemon juice, 1/2 T. tomato catsup, 1/2 T. finely chopped shallot, 3 drops Tabasco sauce, and salt to taste. Chill thoroughly and serve in cocktail glasses. Sprinkle with finely chopped celery and garnish with small pieces of green pepper.

SHRIMP COCKTAIL

Make cocktail sauce of:

1 small sweet pickle (chopped)	$\frac{1}{2}$ t. Worcestershire sauce	1 stalk celery (free of strips) chopped fine
$\frac{1}{3}$ C. tomato catsup	$\frac{1}{2}$ t. onion juice	juice $\frac{1}{2}$ lemon

Prepare shrimp, wash and break into pieces, put into sauce and salt to taste, chill. This same sauce may be used for lobster, salmon, or scallops.

HAM AND NUT SANDWICHES

$\frac{1}{2}$ C. cold ground ham	3 medium sized chopped pickles
$\frac{1}{2}$ C. chopped nut meats	

Moisten with mayonnaise or boiled dressing, spread on whole wheat or white bread and garnish with lettuce.

NUT AND CHEESE SANDWICHES

Mix equal parts of grated cheese and chopped English walnut meats, season with salt and cayenne. Moisten with salad dressing and prepare as for other sandwiches.

OLIVE AND NUT SANDWICHES

Equal parts of pimento, stuffed olives and nut meats, chopped fine. Moisten with salad dressing and prepare as for other sandwiches.

PHILADELPHIA CREAM CHEESE AND OLIVE SANDWICHES

Chop olives or pickles, mix with cheese and salad dressing, and prepare as for other sandwiches.

TOASTED CHEESE SANDWICHES

Cut bread thin, butter, and cover 1 slice of bread with plain or pimento cheese. Cover with other slice and toast until a golden brown.

TOASTED SALAD SANDWICHES

Mash a cream cheese and moisten with French dressing, cut graham bread in $\frac{1}{4}$ inch slices, spread with cheese mixture and sprinkle with chopped pecan nut meats. Put together in pairs, remove crusts and cut in finger-shaped pieces. Toast, pile log-cabin fashion on a fancy plate and serve as an accompaniment to a dinner salad.

LINCOLN SANDWICHES

Cut brown and white bread in thin slices and spread with butter, which has been worked until creamy, cut cold boiled tongue and gruyere cheese in thin slices. Put a slice of tongue on white bread, cover tongue with brown bread, and over brown bread, cheese; repeat. Wrap in cheese cloth, put under a weight and let stand several hours. For serving, cut in thin slices crosswise, and arrange sandwiches overlapping one another, in two parallel rows on a plate covered with a lace paper doily.

FRUIT SANDWICHES

Remove stems and finely chop figs, add a small quantity of water, cook in double boiler until a paste is formed, then add a few drops of lemon juice. Cool mixture and spread on thin slices of buttered bread, sprinkle with finely chopped peanuts and cover with pieces of buttered bread.

TOASTED MARMALADE SANDWICHES

Remove end slice from a loaf of bread, spread end of loaf evenly with butter which has been creamed. Cut off a thin slice and repeat until the number of slices required are prepared. Spread with orange marmalade, put together in pairs and press, remove crusts and cut in halves cross-wise. Put in a pan and bake in a moderate oven until delicately browned on both sides, turning once during the browning.

SANDWICH LOAF

Ida Anders

Trim crust from a loaf of sandwich bread, then cut lengthwise in three slices. Butter each lightly, make a filling of any salad mixture desired—chicken, pimento cheese, and hard-boiled egg with mayonnaise is good—and spread thickly between the three layers. After these are put together as a cake, cover top and sides with mayonnaise mixed with whipped cream, decorate the top with daisies made of salted almonds, slices of hard-boiled egg or any other suitable combination. Serve on platter, garnish with lettuce, cut in slices about 1 inch thick and serve on lettuce. A good Sunday night lunch.

SANDWICHES AT A GLANCE

Use sandwich bread, well buttered, for the following fillings: Swiss cheese and mustard; cream cheese and orange marmalade; pimento cheese and chopped nuts; chopped dates, figs and raisins, moistened with lemon juice; minced chicken and chopped celery; quince jelly and finely chopped pecan nuts; minced chicken and mayonnaise; caviar seasoned with lemon peel; chopped yolks of hard-boiled eggs, spread with anchovy paste; chopped fried bacon and grated cheese, toast the bread. Pass 3 T. of baked beans through the meat grinder and mix with 1 T. of chili sauce. Cream $\frac{1}{2}$ lb. fresh butter with 3 hard cooked eggs. Add 1 C. chopped green queen olives.

HOT MINCED HAM SANDWICHES

3 T. butter		1 C. chopped cooked
2 T. chopped onion	2 T. chopped green	ham
$\frac{1}{3}$ C. milk	peppers	1 egg, beaten

Place the butter in a frying pan, when hot add and brown the onions, green peppers and ham. Add the rest of the ingredients and cook slowly, stirring constantly, until the mixture thickens.

OPEN-FACED SANDWICH

Spread soft cream cheese on thin rounds of white bread, place slices of pimento stuffed olives on center. For added color, finely chopped parsley may be mixed with cream cheese.

HOT ROAST BEEF SANDWICH

slices of bread roast beef brown gravy
Slice meat thinly and place between slices of bread, pour over it brown gravy and serve hot.

SANDWICH DELICIOUS

$\frac{1}{2}$ lb. boiled ham 2 hard-boiled eggs boiled dressing or
6 small sweet pickles 1 doz. olives mayonnaise
Mix ham, chopped olives, eggs and pickles, add enough dressing to hold mixture together, spread on one slice, put lettuce leaf on another slice, then put the two together, cut diagonally and serve.

MARMALADE SANDWICH

Orange marmalade mixed with chopped pecan nut meats, spread between thin slices of either white or whole-wheat bread.

HONEY AND PEANUT BUTTER SANDWICH

Warm 2 parts of honey and 1 part of peanut butter. Mix thoroughly in small amounts, as needed.

CHEESE AND OLIVE SANDWICHES

Cut 2 slices of bread in any fancy shape, 1 slice white and 1 oatmeal, or any other brown bread, butter each slice a little. Cream 1 T. cheese, add 2 chopped olives. Mix with 1 t. salad dressing and spread between slices of bread. Proportions given enough for 2 sandwiches.

TUNA SANDWICHES

12 slices white bread 2 T. chopped pimento $\frac{1}{2}$ t. salt
 $\frac{1}{3}$ C. soft butter 2 T. chopped sweet $\frac{1}{4}$ t. paprika
 $\frac{2}{3}$ C. tuna pickles 3 T. salad dressing

Arrange the slices of bread in pairs, spread each slice with the soft butter. Mix all the rest of the ingredients together and spread one side of each pair with a portion of the tuna mixture. Press the two pieces of bread in each pair firmly together. Wrap in a damp cloth and pack carefully in a box or basket. Makes 12.

PICKLING, PRESERVING, JELLIES AND CANNING

PICKLING

Peter Piper picked a peck of pickled peppers.

CUCUMBER PICKLES

Mrs. P. J. Templeton

Pick and wash cucumbers, being careful to leave on the stems. Small cucumbers make the best pickles. Sprinkle on enough salt to nearly cover, pour boiling water over them, and let stand until cold or over night. Drain off the salt and water and add cold spiced vinegar. Repeat this whenever the cucumbers are picked, or until you have made pickles enough. For those wanted to keep all winter, take them out of the first vinegar and cover them with scalding hot vinegar, add spices to suit the taste, a dozen slices of horseradish, and a piece of alum the size of a hickory nut for every 3 gallons of pickles. Very fine for present use and keeping over.

DAKOTA PICKLES

Mrs. C. H. Stange, Mrs. Ott

Cut large cucumbers into 8 pieces lengthwise, let stand in ice water 6 hours or over night. Put pieces around sides of 9 qt. jars, fill centers with small pieces of celery and an onion. To 1 qt. of vinegar add $\frac{1}{2}$ C. salt and 1 C. sugar, heat to boil and pour over pickles and seal. Dilute vinegar to taste, as pickles may be sweet or sour.

DUTCH PICKLES

Mrs. C. W. McDonald

1 qt. cucumbers		1 large cauliflower
1 qt. green tomatoes	1 qt. small onions	5 or 6 green peppers

Put all through the coarse knife of food chopper, add $\frac{1}{2}$ C. salt and pour enough hot water over to cover. Let stand $\frac{1}{2}$ hour, drain, and pour over it the following dressing:

10 t. mustard		2 qt. vinegar
2 t. tumeric	4 C. sugar	1 C. flour

Mix mustard, tumeric, flour, and sugar to a paste with part of vinegar, add rest of vinegar and cook until hot. Pour over pickles and cook for 15 minutes after it bubbles. Pour into glasses and seal while hot.

SOUR PICKLES

Mrs. C. W. McDonald

Select cucumbers about the size of your finger, wash them in cold water, pack in sterilized jars, and cover with the following dressing: to 1 qt. vinegar, add:

2 T. sugar 2 T. salt 2 T. mustard

Shake or mix well and pour over cucumbers, seal. These are very brittle and keep well.

COLD PICKLES

Mrs. Jennie McElyea Beyer

1 gal. vinegar 1 C. salt $\frac{1}{4}$ C. celery salt
1 C. sugar $\frac{1}{2}$ C. mustard 100 small cucumbers

May be sealed or put in open stone jar.

PEPPER PICKLES

Mrs. J. Hornstein

Soak small cucumbers 24 hours in brine strong enough to float an egg. Drain, and wipe each pickle dry. Pack in jars, add mustard seed, peppercorn, bay leaves, small onions, horseradish cut in dice, cover with cold vinegar and seal. If vinegar is strong, weaken with water.

OLIVE OIL PICKLES

Mrs. F. E. Been

Select 100 medium-sized cucumbers, as nearly uniform in size as possible, wash, cut in thin slices without paring. Let stand in salt water for 3 hours, using 2 C. salt to enough water to cover. Taste (if too salty freshen by rinsing in clear water), drain off brine and add 3 pt. small white onions sliced, 3 oz. white pepper (ground), 3 oz. white mustard seed, 1 oz. celery seed, add 2 C. olive oil and small lump of alum dissolved in hot water. Mix thoroughly and cover with cold vinegar, seal. Not ready for use until the third day.

OLIVE OIL PICKLES

Mrs. F. E. Been

1 qt. vinegar $\frac{1}{2}$ C. salt 2 T. celery seed
2 C. sugar 2 T. mustard seed 2 T. olive oil

Boil and set away to cool. Use cucumbers about an inch in diameter, fill sterilized jars with $\frac{1}{4}$ inch slices, pour over above mixture and seal. Dressing may be made the day before.

SWEET DILL PICKLES

Mrs. B. E. McKelvey

For 1 gal. pickles: Soak pickles over night in salt and water. In morning pour off brine and add water with $\frac{1}{2}$ C. vinegar and bring to a boil. Drain, pack in jars, and add dill. Prepare the following mixture:

6 C. water 5 C. vinegar 4 C. sugar
 $\frac{1}{4}$ t. alum

Boil, pour over pickles, and seal.

DILL PICKLES

Mrs. Alice Leib

6 qt. water 1 pt. vinegar 1 pt. salt

Pour over cucumbers packed in 2 qt. jars with plenty of dill, little pieces of onion, horseradish and peppers. Seal.

SWEET DILL PICKLES

Mrs. W. F. LaGrange

Pack in earthen jar alternate layers of grape leaves, cherry leaves, and dill, then medium size cucumbers. Cover well with a brine consisting of 1 C. salt to 5 qt. water, let soak 2 weeks. Cut cucumbers into 1 inch pieces, pack in jars. Add following boiling syrup and seal:

1 C. vinegar 3 C. sugar 2 T. allspice

This amount covers 1 qt.

SACCHARINE PICKLES

Mrs. L. W. Warburton

Wash small cucumbers, pack in jars, and pour over them the following mixture, which should be boiling:

1 qt. cider vinegar $\frac{1}{2}$ C. salt
1 t. saccharine $\frac{1}{2}$ t. powdered alum 2 T. mixed spices

SWEET PICKLES

Place small cucumbers in cold salt water. Heat but do not boil. Drain, place in jar and add following syrup:

2 C. vinegar 1 T. mustard seed 1 T. celery seed
1 C. sugar

Boil and slightly cool before adding to pickles. Seal.

OLD FASHIONED PICKLES

vinegar

salt

very small cucumbers sugar

Soak cucumbers over night in cold salt water and drain. Use equal parts vinegar and water and let come to a boil, add cucumbers, let heat and drain. Use new vinegar, add sugar and spices to taste, add pickles, let heat but do not boil. Place in jars and seal.

SPICED PICKLES

Mrs. Glenn Fancher

12 large cucumbers, peeled and cubed 6 onions, chopped

Let cucumbers and onions stand in cold water for 3 hours. Drain and add:

2 C. vinegar 1 t. yellow mustard
1 C. sugar $\frac{1}{2}$ t. ginger seed
1 t. cinnamon 1 t. celery seed 1 t. pepper

Cook until cucumbers and onions are tender. Seal.

SLICED CUCUMBER PICKLES

Mrs. O. P. Rutledge

25 cucumbers not peeled, sliced, let stand over night in weak salt water. Drain, then add:

		1 t. celery seed
2 qt. onion sliced	2 lb. brown sugar	1 t. dill seed
2 qt. vinegar	3 t. mustard seed	1 T. tumeric

Cook all of above mixture for 20 minutes. Put in jars and seal.

SWEET CUCUMBER PICKLES

Mrs. F. E. Been

Pare rinds from ripe cucumbers, slice $\frac{1}{4}$ inch thick crosswise, enough to make 4 qt., stamp out centers, making rings. Cover with cold water, add 1 t. soda, let stand over night. In morning drain, cover with cold water in which 2 T. alum have been dissolved and boil 10 minutes. Drain, cover again with cold water, add 1 T. ginger, boil 15 minutes, drain. Measure the water and use as much vinegar as you have water (do not use water). To each qt. of vinegar, add 3 lb. sugar and $\frac{1}{4}$ C. stick cinnamon. Add the cucumber rings and boil gently until clear.

RUMMAGE PICKLES

Mrs. A. H. Thayer

2 qt. green tomatoes		
1 qt. ripe tomatoes	3 sweet red peppers	1 small head cabbage
3 small bunches celery	3 sweet green peppers	1 large cucumber
3 large white onions		$\frac{1}{2}$ C. salt

Chop vegetables or run through coarse grinder, add salt, let stand over night. Drain well, add:

3 pt. vinegar	3 C. brown sugar	1 T. mustard seed
		1 T. pepper (ground)

Makes about 9 pints.

MUSTARD PICKLE

Mrs. C. H. Anthony

1 qt. chopped green tomatoes	1 qt. chopped cucumbers	1 qt. chopped onions
1 qt. chopped cabbage		6 green peppers

Let stand over night in water with $\frac{1}{2}$ C. salt in it.

1 qt. vinegar		1 T. powdered mustard
3 C. sugar	$\frac{1}{2}$ C. flour	

Mix and let all simmer until heated through.

GREEN TOMATO PICKLE

Mrs. Maude D. Kirby

Peel very thin 1 pk. medium-sized green tomatoes, soak in weak brine over night. Wash in clear water, and boil in vinegar until tender. Take out on platter, stick with fork, drain thoroughly. Stick with cloves and put in jars. Cover with the following syrup:

1 pt. vinegar	4 lb. sugar	4 sticks cinnamon
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Drain, boil, pour over the pickles. Repeat for 3 days. Seal.

GREEN TOMATO PICKLES

Mrs. O. E. Wasser

Slice 1 pk. tomatoes in thick slices, sprinkle with 1 C. salt and let stand 24 hours. Wash and drain, then cook in weak vinegar until tender but not soft. Put in jars with cloves and stick cinnamon. Cover with syrup made with 3 C. sugar and 2 C. vinegar.

PICKLED BUTTON ONIONS

Mrs. W. A. Thompson

Select small onions, peel, put layer of onions, layer of salt in crock, and so on until filled. Let stand over night, drain off juice and wash in cold water. Fill jars with onions, add 1 T. mustard seed to each qt. Heat vinegar to boiling point, add 1 T. sugar to each qt., pour over onions and seal. Use white vinegar to keep the onions white and be sure it is not too strong.

CHERRY OLIVES OR SALTED CHERRIES

Mrs. L. W. Warburton

Wash cherries, leaving on the stems. Place in pt. jars with 1 t. salt on top. Pour over equal parts of cider vinegar and cold water. Seal immediately. Nothing is heated. Let stand several months before opening.

WATERMELON SWEET PICKLES

Mrs. Frederick Mills, Mrs. A. H. Munn

Peel the rind of a 10 lb. melon, cut rind into dice and put to soak over night in a brine of 3 T. salt to a gallon of water. Next morning drain, wash well, cover and boil in fresh water until clear, about 1½ hours). Make a syrup as follows:

2 qt. cider vinegar		4 sticks cinnamon
7 lb. granulated sugar	4 whole cloves	1 peppercorn

Boil 30 minutes. When rind is done, let drain for 15 minutes, add to syrup and boil 40 minutes. Allow to stand over night and boil 20 minutes the following morning. This makes 7 pints.

CANTALOUPE SWEET PICKLES

Mrs. Leo Armstrong

7 lb. fruit	½ as much sugar as	oil of cinnamon and
1 pt. vinegar	fruit	cloves

Pare green cantaloupe, remove seeds, cut in thin strips 2 inches long. Boil sugar and vinegar together, adding a few drops of oil of clove and cinnamon. Boil strips of cantaloupe until clear in syrup (several hours). Seal in jars.

SPICED GRAPES (recipe over 100 years old)

P. Mabel Nelson

6½ lb. Concord grapes	1 pt. cider vinegar	2 T. cloves
3½ lb. granulated sugar	2 T. cinnamon	½ t. salt

Make a syrup of sugar and vinegar by boiling them together 15

minutes. Separate skin from pulp, simmer the pulps, then press through sieve until only the seeds are left. Put skins, pulp, and spices into the syrup, boil $\frac{1}{2}$ hour, counting from time of good boiling. This recipe for spiced grapes has been handed down from Marion Bell's great grandmother who was a flower girl, or rather threw flowers in the path of General La Fayette when he first visited America. This note may add flavor to the recipe.

SWEET PICKLE VINEGAR

Mrs. E. B. Bush, Edna Brown

2 T. each whole cloves
and cinnamon, in bag 4 lb. sugar 1 pt. vinegar

Use for any sweet pickles, such as apples, watermelons, pears, or peaches, using 7 lb. for this amount of syrup.

CANNED PEACH PICKLES

No. 2 can peaches 2 sticks cinnamon
 $\frac{1}{2}$ C. vinegar $\frac{3}{4}$ C. sugar $\frac{1}{2}$ t. whole cloves

Drain peaches from a No. 2 can of halves, to the syrup add vinegar, sugar, cinnamon, whole cloves. Boil 10 minutes, pour over peach halves, cover and let stand 24 hours. Will make about 1 pt. Pear pickles can be made the same way, substituting ginger for cinnamon and cloves.

SYRUP FOR FRUIT PICKLES

Mrs. J. L. Robinson

1 pt. vinegar
2 lb. light brown sugar 2 T. cinnamon $\frac{1}{2}$ oz. cloves
2 T. allspice $\frac{1}{2}$ oz. ginger root 1 t. mace

Put spices in small cloth bag, and boil sugar, vinegar, and spices 2 minutes. Remove spices, place fruit in syrup and let boil until tender. Pack in hot jars, cover with syrup and seal.

PEACH PICKLE

Mrs. C. H. Anthony and Edna Brown

2 C. vinegar 1 C. water 3 C. sugar

Bring to boil and drop in whole peaches. When done pack in jars putting a few cloves in each jar. Cover with hot syrup and seal. Pear, apple, and watermelon pickles may be prepared in the same way.

TO PRESERVE PIMENTOS

Mrs. O. H. Cessna

Wash pimentos, cut out stem end, remove seeds, place in bowl and pour boiling water over them, cover and let stand for 3 minutes. Repeat process 3 times and drain well. Pack in glass jars and add this solution:

1 pt. vinegar 1 pt. water $\frac{3}{4}$ C. salt
6 T. sugar

Heat to boiling, pour over peppers until jar is full and seal.

PIMENTO RELISH

Mrs. L. H. Willson

Soak 1 doz. pimentos in weak salt water 1 hour. Grind fine and add:
 $1\frac{1}{3}$ C. vinegar, 2 C. sugar. Cook until thick.

PEPPER RELISH

Mrs. Walter Morris

2 doz. green peppers		2 t. mustard seed
2 doz. onions (med.)	2 t. pepper seed	2 C. sugar
2 doz. red pepers	2 t. salt	4 C. vinegar

Cover finely-chopped peppers and onions with water and boil 5 minutes. Let stand 5 minutes and drain, then repeat. After the second time add vinegar and spices. Boil 5 minutes and bottle.

PEPPER RELISH

Mrs. S. H. Thompson

6 red peppers and 6 green peppers with seeds and stems removed, then add 6 peeled onions. Grind together and cover with boiling water. Let stand 10 minutes, then drain and add:

1 C. sugar	2 T. salt	$1\frac{1}{2}$ C. vinegar
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Simmer 20 minutes and seal.

RED PEPPER RELISH

Mrs. Allen Cox

3 C. sugar	15 medium white	24 pimentos or red
3 C. vinegar	onions	peppers

Boil sugar and vinegar together. Grind peppers and onions, cover with boiling water and let stand 15 minutes. Drain, add to syrup mixture, and bring to boiling point. Cook slowly 5 minutes. Fill jars and seal.

PEPPER HASH

Mrs. J. L. Robinson

Remove seeds and chop very fine 12 sweet red peppers, 12 green peppers, and 12 small onions. Add 3 T. salt and allow the mixture to simmer for 10 minutes. Drain and add 1 qt. vinegar and 1 C. brown sugar. Let come to boiling heat and pour into hot sterilized jars and seal.

TOMATO RELISH

Mrs. W. J. Schlick

Cover with cold water 5 small Bermuda onions chopped fine, add 1 t. salt, heat to boiling point, then drain. Peel and chop 15 medium green tomatoes, salt generously, let stand 1 hour and drain. Add to onions, cover with equal parts vinegar and water, scald and drain. Cover with sweet pickle vinegar and cook. Add $\frac{1}{2}$ C. brown sugar, 1 t. cloves, 1 t. cinnamon.

BEET RELISH

Mrs. Geo. Graves

- | | | |
|------------------------------|-----------------------------|-------------------------------|
| 1 qt. chopped cabbage | 1 T. salt | 1 C. fresh ground horseradish |
| 1 qt. chopped beets (cooked) | 1 T. pepper | 1 C. sugar |
| | $\frac{1}{8}$ t. red pepper | |
- Cover with vinegar and seal.

CORN RELISH

Mrs. J. E. Campbell

- | | | |
|------------------|------------------|--------------------------------|
| 12 ears corn | | 1 pepper |
| 3 bunches celery | 1 large cabbage | 4 large onions |
| Chop and add: | | |
| 4 T. mustard | 2 T. salt | 2 qt. vinegar (not too strong) |
| 3 T. flour | 2 C. brown sugar | |
- Cook 1 hour.

COLD RELISH

Mrs. Kaynor

- | | | |
|------------------------------|-------------------------------|-----------------------|
| 1 pk. ripe or green tomatoes | 6 peppers (5 green and 1 hot) | $\frac{1}{2}$ C. salt |
| 2 C. celery | | 1 C. mustard seed |
| 6 onions | 2 C. brown sugar | 1 qt. vinegar |
| | | cinnamon |
- Do not heat. For long keeping, seal.

BORDEAUX SAUCE

Mrs. H. H. Nowlin

Slice 1 qt. green tomatoes, 2 qt. cabbage, 5 small onions, 1 red pepper. Add, $\frac{1}{2}$ t. tumeric, $\frac{1}{2}$ t. allspice, 1 T. celery seed, 1 C. sugar and 1 qt. vinegar.

Boil slowly for 30 minutes and seal.

CHUTNEY SAUCE

Mrs. R. S. Stephenson

- | | | |
|-----------------|-----------------------------|----------------|
| 12 sour apples | 1 pt. vinegar | juice 4 lemons |
| 2 green peppers | $\frac{1}{2}$ C. tart jelly | 1 T. ginger |
| 1 red pepper | 2 C. sugar | 1 T. salt |
- Mix and boil until thick.

INDIAN SAUCE

Mrs. C. H. Anthony

- | | | |
|---------------------------------|---------------|-----------------------|
| 12 ripe tomatoes | 12 apples | 9 onions |
| $\frac{1}{3}$ t. cayenne pepper | 1 pt. vinegar | $\frac{1}{3}$ C. salt |
| $2\frac{1}{2}$ C. sugar | 1 t. cloves | 1 T. cinnamon |
| 1 T. black pepper | | |
- Chop and cook in vinegar and spices.

BALTIMORE CHOW CHOW

Mrs. F. H. Schleiter

- | | | |
|-----------------------|-------------------------------|--------------------------|
| 2 large onions | 6 cloves | dash of cayenne |
| 2 qt. canned tomatoes | 1 stick cinnamon | $\frac{1}{2}$ t. mustard |
| 1 large green pepper | $\frac{1}{2}$ C. brown sugar | $\frac{1}{2}$ C. vinegar |
| 2 stalks celery | $\frac{1}{2}$ t. black pepper | 2 t. salt |
- Chop onions, green peppers and celery, cook all together until thick.

PICKLED MANGOES

pimento or mango

- | | | |
|------------------------|-----------------|-------------------------|
| peppers | chopped cabbage | celery seed |
| $1\frac{1}{2}$ C. salt | salt | 1 C. vinegar |
| 1 gallon water | black pepper | $1\frac{1}{2}$ C. sugar |

Cut the tops from the peppers and remove the seeds. Make a brine of salt and the water. Let the peppers stand in the brine 48 hours. Take the peppers out of the brine and drain. Chop fine enough cabbage to fill the mangoes, season with salt, let stand until the salt has wilted the cabbage, squeeze the cabbage. Chop tops of mangoes fine and mix with the cabbage, season to taste with black pepper, celery seed, and mustard seed. Stuff peppers with cabbage and pack close together in a stone jar. Boil vinegar and sugar together and let cool. Pour enough vinegar syrup to cover the peppers, place a plate on the top of the peppers and tie a cloth on the top of the jar.

PICCALILLI

Mrs. F. H. Schleiter

- | | | |
|----------------------|---------------------|--------------------|
| 1 pk. green tomatoes | | |
| 12 onions | 1 C. mustard seed | 1 oz. whole cloves |
| 3 green peppers | 4 T. ground mustard | 8 T. salt |
| 2 head cabbage | 4 T. black pepper | 2 lb. brown sugar |

Chop tomatoes fine, drain over night, add chopped onions, pepper, cabbage and spices. Mix well, cover with vinegar and cook 1 hour. Seal.

FRENCH MIXED PICKLE

Mrs. A. B. Noble

- | | | |
|----------------------|----------------------|---------------------|
| 2 heads cauliflower, | 2 qt. small pickling | 2 qt. cucumbers cut |
| separated in pieces | onions | in small pieces |

Soak each separately in rather weak brine over night, drain. Scald cauliflower and drain. Drain onions and cucumbers, scald in cauliflower water, drain well.

Dressing

- | | | |
|---------------------|-------------------------|---------------------------------|
| 4 qt. vinegar | 4 C. brown sugar | $1\frac{1}{2}$ T. tumeric |
| 1 C. ground mustard | $\frac{1}{3}$ C. butter | $\frac{1}{4}$ t. cayenne pepper |

Add small amount of vinegar to dry ingredients, mix smooth, add to hot vinegar and cook well. Pour over pickles boiling hot and seal in glass jars.

CHILI SAUCE

Mrs. J. P. Reid

- | | | |
|------------------|---------------|-------------|
| 30 ripe tomatoes | 1 qt. vinegar | 2 T. nutmeg |
| 3 large onions | 1 C. sugar | 2 T. salt |
| 3 peppers | 1 T. cinnamon | 1 T. cloves |

Cook tomatoes that have been peeled, about 15 minutes, then add peppers and onions that have been chopped fine, add vinegar and spices, stir into sugar before adding. Cook slowly 2 hours. Can while hot.

CHILI SAUCE

Mrs. J. H. Ainsworth

1 pk. tomatoes		
12 onions	3 t. salt (or more)	1/2 pt. white sugar
6 green peppers	1 pt. brown sugar	1 pt. vinegar

Cook some, then add 1 t. ground cinnamon, 1/2 t. cloves and paprika. Cook slowly until thick. This will take quite a while.

CHILI SAUCE

Mrs. H. S. Hardie, Mrs. J. H. Williams, Mrs. J. E. Wright

12 large ripe tomatoes	5 C. vinegar	2 T. sugar
4 ripe green peppers	2 T. salt	1 T. cinnamon
2 onions (large)		

Boil until thick, about 1 1/2 hours. Seal in jars.

CATSUP

Mrs. Lydia C. Tilden (1869)

Boil tomatoes, put through sieve.

5 pt. pulp	2 pt. vinegar
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Boil over slow fire, when thickened add: 1 T. pepper, 1 T. clove, 1 T. allspice, 1 T. mustard. Boil until like mush, then add 1 T. salt and 1/2 C. sugar. Bottle when cold.

SAUERKRAUT

Mrs. P. A. Mathre

Chop cabbage fine, combine salt and sugar in the proportion of 1/3 C. sugar and 2/3 C. salt. Pack cabbage in glass jars until firm, using 1 T. of salt and sugar mixture to 4 C. cabbage. Seal air-tight and let stand in warm place until sour.

JELLIES AND PRESERVES

TESTS FOR PECTIN

To insure perfect jelly, test a T. of the extracted juice for its jellying qualities. If an equal amount of industrial alcohol (wood or denatured) is added to the sample of the fruit juice, the pectin-rich juices will form a gelatinous mass, while the pectin-poor juices will gelatinize in small flocculent particles. Watch this test carefully, for the mass again liquefies on standing.

EPSOM SALTS TEST FOR PECTIN

Add 1 t. hot fruit juice to 1/2 t. sugar and 1/4 t. Epsom salts. Stir until all is dissolved, let stand 5 minutes, no longer, for after that, lumps will form regardless of amount of pectin in the fruit juice.

PROPORTIONS TO BE USED IN MAKING JELLY

FRUIT	WATER	FRUIT JUICE	SUGAR
Apples, quartered	$\frac{1}{2}$ as much as fruit	1 C.	$\frac{2}{3}$ to $\frac{3}{4}$ C.
Blackberries $\frac{3}{4}$, apples $\frac{1}{4}$	1 C. to 4 qt. fruit	1 C.	$\frac{2}{3}$ C.
Crabapples, quartered	$\frac{1}{2}$ as much as fruit	1 C.	$\frac{2}{3}$ to $\frac{3}{4}$ C.
Cranberries	$\frac{1}{4}$ as much as fruit	1 C.	$\frac{3}{4}$ C.
Currants	1 C. to 5 qt. fruit	1 C.	$\frac{3}{4}$ to 1 C.
Gooseberries (green)	1 C. to 5 qt. fruit	1 C.	1 C.
Grapes, partly ripe	1 C. to 5 qt. fruit	1 C.	$\frac{2}{3}$ to $\frac{3}{4}$ C.
Peaches $\frac{1}{2}$, apples $\frac{1}{2}$	$\frac{1}{2}$ as much as fruit	1 C.	$\frac{2}{3}$ C.
Plums	$\frac{1}{4}$ as much as fruit	1 C.	$\frac{2}{3}$ to $\frac{3}{4}$ C.
Pineapples $\frac{1}{2}$, apples $\frac{1}{2}$	$\frac{1}{2}$ as much as fruit	1 C.	$\frac{2}{3}$ C.
Quinces $\frac{1}{2}$, apples $\frac{1}{2}$	$\frac{1}{2}$ as much as fruit	1 C.	$\frac{2}{3}$ C.
Rhubarb $\frac{1}{2}$, apples $\frac{1}{2}$	$\frac{1}{4}$ as much as fruit	1 C.	$\frac{2}{3}$ C.

Modern housewives make jelly, jams and conserves according to recipes found in commercial pectin booklets.

RAINBOW CONSERVE

Mrs. C. W. McDonald

1 pt. each of strawberries, red cherries, red raspberries, currants. Prepare fruit, cook together until tender. Add 3 lb. sugar and cook until thick.

CHERRY CONSERVE

Mrs. C. W. McDonald

2 lb. or 2 qt. sour cherries
 $\frac{1}{2}$ lb. seeded raisins
 chopped walnut meats
 grated rind and pulp of 2 oranges

Seed cherries and cook for 15 minutes in their own juice, add chopped raisins, rind and pulp of oranges. Cook 10 minutes longer, gradually add 2 lb. sugar and just before removing from the fire, add nuts.

PEACH CONSERVE

Mrs. J. H. Ainsworth

Put 1 doz. peeled and stoned peaches and 3 peeled oranges through food grinder. Add juice and grated rind of 1 lemon and 1-14-oz. can of crushed pineapple. Add equal amount of sugar and cook until thick.

PEACH CONSERVE

Mrs. C. W. McDonald

5 lb. peaches
 5 lb. sugar
 2 oranges
 1 lb. raisins
 1 lb. walnuts

Peel peaches and cut into small pieces. Cook with the sugar and oranges (which have been put through a food chopper) until thick. Add raisins and nut meats, allow the raisins to become plump, then remove from the fire.

PLUM CONSERVE

Mrs. F. H. Schleiter

- | | | |
|---------------------|-----------|---------------|
| 4 lb. plums | | sugar |
| 1 C. seeded raisins | 2 oranges | juice 1 lemon |

Wash plums, remove stones, add raisins and oranges which have been sliced very fine. Measure and add $\frac{3}{4}$ C. sugar to each C. of fruit and juice, put into kettle, cook slowly about 45 minutes or until thick, like jam, stirring to keep from burning. Add lemon juice and pour into sterilized jars.

RHUBARB CONSERVE

Mrs. C. G. Haug

- | | | |
|------------------|-------------------------------|-----------------------|
| 1 qt. rhubarb | | 1 scant C. (1 bottle) |
| 1 C. raisins | $\frac{3}{4}$ C. orange juice | commercial pectin |
| 3 T. lemon juice | 6 C. sugar | 1 C. walnut meats |

Put in saucepan the rhubarb, raisins, lemon juice, orange juice, and sugar, mix thoroughly, and bring to boiling point. Boil hard 2 minutes, add pectin and bring to boiling again. Remove from fire, skim, let stand 5 minutes, add walnuts, and pour into glasses. Walnuts may be omitted

RHUBARB CONSERVE

Mrs. H. E. Nichols

- | | | |
|---------------|---------------------------|----------------|
| 1 qt. rhubarb | | 1 C. nut meats |
| 1 qt. sugar | $\frac{1}{2}$ lb. raisins | 2 oranges |

Squeeze out juice and then grind the rind of 1 orange, cut rhubarb cubes and let stand with sugar over night. Add remainder of ingredients and cook about $\frac{1}{2}$ hour or until thick.

TOMATO CONSERVE

Mrs. G. C. Roberts

- | | | |
|--------------|------------------------|-----------------------|
| 2 lemons | 1 qt. yellow tomatoes, | equal amount sugar |
| 2 oranges | (take as many seeds | 1 C. nut meats broken |
| 1 C. raisins | out as possible) | fine |
- Boil until transparent. Test like jelly.

APPLE CONSERVE

Mrs. Roy McCurdy

- | | | |
|---|----------------------------------|----------------------------|
| $\frac{3}{4}$ C. nut meats (Eng-
lish walnuts) | $1\frac{1}{2}$ C. seeded raisins | 1 lemon (sliced very thin) |
| 4 C. chopped apples | | 3 C. sugar |

Mix apples, raisins, and lemon, heat to boiling point, add sugar and cook slowly until thick (about $\frac{1}{2}$ hour). Remove from fire and add chopped nuts. Pour in glasses and seal with paraffin.

CIDER APPLE SAUCE

Mrs. J. L. Budd

Take the desired quantity of cider and boil down $\frac{1}{3}$, add ground cinnamon and cloves. Peel and quarter Talman sweet apples and boil in the spiced cider. Seal in jars.

ORANGE MARMALADE

Mrs. L. J. Lynch

1 large grape fruit 1 large orange 1 large lemon

Slice fruit very thin with sharp knife, use everything but the seeds and tough white center. Measure and add 3 times as much water. Let stand 24 hours, then measure again, add an equal amount of sugar and boil until right consistency for jelly. Pour into glasses and cover with paraffin.

ORANGE MARMALADE

Mrs. T. S. Barbour

3 lemons, run through food grinder 6 oranges

Add 5 times as much water as pulp and let stand 24 hours. Add 5 lb. sugar, bring to boil, and let stand 24 hours. Boil about 2 hours slowly.

PEACH MARMALADE

Mrs. W. G. Gaessler

2 doz. peaches 3½ lb. sugar 4 medium sized oranges

Peel peaches and put through food chopper, using coarse blade. Grind oranges, using both pulp and rind. Mix these with the sugar and let stand over night, then boil to desired consistency.

DRIED PEACH MARMALADE

Mrs. Oscar H. Hawley

1 lb. dried peaches 1 lb. sugar 1 t. salt

Wash peaches, cover with boiling water and when cool remove skins, put water back on the peaches, boil slowly until tender. Mash, add sugar and cook slowly until stiff. This makes 5 glasses.

PEACH AND APRICOT PRESERVE

Mrs. B. E. McKelvey

No. 10 can peaches unsweetened or 25 fresh peaches, 1 lb. dried apricots.

Wash and soak apricots 3 hours. Grind peaches and apricots in food chopper, measure, and add as many cups sugar as you have pulp. Cook until thick, stirring all of the time. Use juice from peaches if wanted. When about cooked add 1 lb. Brazil nuts cut in fine pieces.

APRICOT MARMALADE

Bess L. Walsh

2 lb. apricots 1 lb. seedless raisins ½ lb. walnuts

Cut up, wash, and soak fruit over night, boil until soft. Measure juice and fruit and add equal measure of sugar, add raisins and grated rind of 1 orange, add nuts. Boil until thick but not jellied.

DRIED APRICOT AND PRUNE BUTTER

Mrs. O. H. Hawley

$\frac{1}{2}$ lb. prunes soaked over night	$\frac{1}{2}$ lb. dried apricots 3 C. sugar	$\frac{1}{2}$ t. salt 1 t. cinnamon
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See that there are about 6 C. water, including that used for soaking, boil gently and wash through colander. Boil slowly until stiff.

GRAPE FUDGE

Anna Fonda

7 lb. grapes	1 lb. walnuts	1 lb. raisins
7 lb. sugar		

Wash the grapes and cook pulp, remove seeds by putting through a sieve. Chop skins and nuts, mix pulp and sugar, add chopped portions and whole raisins. Cook until thick and seal in sterilized glasses. This amount makes 22 glasses.

CRANBERRY SAUCE (New York style)

Mrs. Earl Rice

Wash 1 qt. cranberries, put into kettle with 1 pt. water and 4 cored and sliced tart apples, cover and cook for 20 minutes. Press through colander, add 1 lb. of sugar and boil for 5 minutes.

THIN BLACK RASPBERRY JAM

Mrs. C. W. McDonald

Allow 2 C. sugar to 3 C. berries. Moisten sugar with $\frac{1}{2}$ C. water and bring to a boil, add berries and boil for 12 minutes. This can be used for pies, puddings, shortcake, etc.

RED RASPBERRY JAM

Mrs. C. W. McDonald

Allow 3 C. sugar to 3 C. berries, add enough water to the sugar to moisten it and boil the syrup until thick. Add berries and allow to boil a few minutes.

GOOSEBERRY JAM

Mrs. G. L. Caswell

1 qt. gooseberries	1 qt. sugar
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Cook 20 minutes, add a little red coloring. Pour into glasses, paraffin and seal.

PINEAPPLE APRICOT JAM

Mrs. J. H. Ainsworth

Wash dried (evaporated) apricots and soak over night in enough water to cover. In the morning drain (save juice), run through the food chopper, and add juice in which they were soaked. Add 2 large pineapples ground (or $1\frac{1}{3}$ cans of No. 2 grated pineapple) and as much sugar as pulp. Boil pulp 15 minutes, add sugar, and cook 15 minutes longer.

RASPBERRY JAM

Mrs. L. G. Rosenfeld

3 pt. raspberries 1 pt. red currants 3 pt. sugar
Wash the berries and currants and bring to a boil. Add sugar and cook until thick and seal.

GREEN GOOSEBERRY JAM

Mrs. Harold Stiles

2 qt. gooseberries juice and rind 1 or- 1 lb. raisins
6 lb. sugar ange 1 qt. water
juice and rind, 1 lemon
Cook thoroughly.

ARABIAN JAM

1 lb. dried apricots 2 lb. cooking figs
Soak over night, drain off water, run through food chopper, add 3 lb. sugar and cook.

QUINCE HONEY

Mrs. C. W. McDonald

2 lb. sugar 1 pt. water 2 quinces, grated
Wipe quinces, cut in quarters, remove seeds, then cut in small pieces, put in preserving kettle and add enough water to nearly cover (1 pt.). Cook slowly until soft. Rub through a fine sieve, add sugar and cook slowly for 20 minutes.

CHERRY HASH

Mrs. J. H. Ainsworth

6 C. pitted fresh cher- 4 C. sugar 2 T. cornstarch
ries
Put cherries through food chopper, drain off juice, add sugar and cornstarch mixed. Boil 20 minutes and put in jelly glasses.

SUN KISSED STRAWBERRIES

Mrs. R. C. Brockman

3 lb. strawberries 2½ lb. sugar
Wash berries, drain ½ hour, in colander. Mix sugar with berries, let stand 2 hours. Boil 5 minutes. When cool put in platters or shallow dishes, and place in sun for 2 days or until conserve is the desired consistency.

STRAWBERRY PRESERVES (mock sunshine)

Mrs. W. Neil Adams, Mrs. J. W. Long

Wash and stem strawberries, put 1 qt. of berries in a large kettle and add 1 qt. sugar. Boil for 10 minutes, add another qt. berries and another qt. sugar, boil the whole mixture for 10 minutes. Cool for 24 hours, stirring occasionally. Seal in sterilized jars.

PLUM PRESERVE

Mrs. C. G. Cole

Wash red plums, partly cover with water, cook until skins burst. Remove from fire, and cool, remove seeds. To 1 C. plums add 2 C. sugar, bring to boiling point and cook for 3 to 5 minutes. Seal.

CRANBERRY MOLD

Pick over and wash 1 qt. cranberries, add 1 C. water, cook over a quick fire about 5 minutes or until berries burst. Press through coarse sieve, add 1 lb. sugar, stir until sugar is dissolved and pour into small glasses or molds. Do not allow to boil after sugar is added.

MARASCHINO CHERRIES

Mrs. W. S. Grove

Seed cherries, cover with whole vinegar and let stand 24 hours. Drain well, and add 1 C. sugar to each C. cherries. Let stand 48 hours, stir every three or four hours. Add bitter almond to taste, and fruit coloring for color. Seal cold.

SPANISH PRESERVED PUMPKIN OR SQUASH

Aurora Covarrubias, Los Angeles, California

Peel and cut into small pieces 1 Hubbard squash or pumpkin. Make a solution of cold water and unslacked lime (3 C. lime to water to cover well.) Let pumpkin stand in solution 3 days and nights. On fourth day take out of lime water and wash each piece thoroughly with brush, first in cold water then in hot in 4 waters, alternately. Make rich syrup, add pumpkin and boil slowly all day. Flavor with anise or lemon or both. Seal. Serve with whipped cream. This is an old Spanish recipe and considered quite a delicacy.

PRESERVED MELON RIND

Fannie Farmer

Pare and cut in strips the rind of ripe melon. Soak 2½ hours in alum water to cover, allowing 2 t. powdered alum to each qt. water. Heat gradually to boiling point and cook slowly 10 minutes. Drain, cover with ice water, and let stand 2 hours, again drain and dry between towels. Weigh, allow 1 lb. sugar to each lb. fruit, and 1 C. water to each lb. sugar. Boil sugar and water 10 minutes, add melon rind and cook until tender. Remove rind to a stone jar, and cool with syrup. 2 lemons cut in slices may be cooked 10 minutes in the syrup.

WATERMELON CITRON

2 C. sugar	1 t. ground ginger, or	watermelon rind, peeled
½ C. water	½ rind lemon	and cut in cubes

Cook ingredients gently until the melon is tender enough to be pierced with a straw. Can in hot jars. When needed, drain off liquid and use instead of citron.

CRANBERRY JELLY

1 qt. berries	1½ C. water
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Boil and strain juice through jelly bag. Measure juice and heat to boiling point, add 1 C. sugar to every 2 C. juice. Stir until sugar is dissolved and boil briskly for 5 minutes. Skim and pour in glasses.

QUINCE AND CRANBERRY JELLY

Mrs. S. H. Thompson

6 ripe quinces

2 qt. cranberries

3 qt. water

sugar

Put quinces unpeeled through meat chopper, boil with cranberries and water until soft, mashing and stirring. Drain in jelly bag. Boil juice rapidly 20 minutes, add equal measure of sugar and boil until it gives the jelly test. This has a wonderful color and flavor.

BLUEBERRY JELLY

Cut a large lemon in very thin slices and let stand over night in cold water to cover. Add the lemon and water to 3 qt. blueberries, cook and strain. Add $\frac{2}{3}$ as much sugar as juice and cook to the jelly stage.

MINT JELLY

Takes the place of mint sauce and is pretty and dainty. Chop enough tender mint to make 1 C. Cover with boiling water and soak for $\frac{1}{2}$ hour, strain, pressing hard. Dissolve 2 heaping T. powdered gelatin in $\frac{1}{2}$ C. boiling water. Strain into the mint, add large T. sugar and 3 T. lemon juice or vinegar. Tint lightly with few drops of green coloring and pour into wetted molds, placing on ice until firm. Turn out and serve with lamb. Half recipe will serve 5.

CANNING

OVEN CANNING

Mrs. J. H. Ainsworth

This method consists of cold packed jars placed in the oven of a stove having oven control (or place oven thermometer directly in oven). The products are sterilized for a given time and at a given temperature.

STEPS IN OVEN CANNING

1. Clean and test jars and rubbers. (Only the best type of rubbers will endure the dry heat of the oven without cracking. New rubbers are advised.)
2. Select fresh, firm, not over-ripe products.
3. Clean them by the method best for the particular food being canned.
4. Put rubbers on jars. Pack food into the jars. Salt is added to vegetables. Fill to within 1 inch of the top with boiling water for vegetables or syrup for fruits. No water is added for meats.
5. Place top in position and partly seal. The method of sealing will depend upon the type of jar used.
6. Place the filled jars on rack in oven pre-heated to the required temperature, 275°. Leave space of about 2 inches between jars for circulation of heat.
7. Process each food the length of time given in the table following:

TIME TABLE FOR OVEN CANNING

(As prepared by American Stove Company)

FRUITS

Apples	45 minutes	Grapes	45 minutes
Apricots	35 minutes	Peaches	35 minutes
Berries	30 minutes	Pears	35 minutes
Cherries	30 minutes	Pineapples	45 minutes
Currants	30 minutes	Plums	45 minutes
Gooseberries	30 minutes	Rhubarb	35 minutes

VEGETABLES

Asparagus	2½ hours	Corn	3 hours
Beans	2½ hours	Greens	3 hours
Beets	2½ hours	Peas	3 hours
Carrots	2½ hours	Pimentos	2½ hours
Cauliflower	2½ hours	Tomatoes	45 minutes
Mixed vegetables for soups, 3 hours			
Meats, all kinds	3 hours	Fish, all kinds	4 hours

8. Remove from oven and complete the seal.
9. Invert for a few minutes to be sure the seal is perfect, but do not allow jars to cool in the inverted position, as this works against the forming of the seal. If an automatic jar is used, let the jar become cool before inverting for test.

GENERAL DIRECTIONS FOR OVEN-CANNED FRUIT

Prepare the fruit according to the individual needs of each. Pack rather loosely into the jars. Fill to within 1 inch of the top of jar with syrup. Adjust the tops and rubbers. Partly seal and process specified time. Remove from oven, complete seal, and test for leaks.

Use a syrup to suit your own taste. A thin syrup is made by boiling 1 part sugar to 2 parts water. For a medium syrup, boil 1 part sugar to 1 part water. For a heavy syrup use 2, 3 or 4 measures of sugar to 1 of water.

GENERAL DIRECTIONS FOR OVEN-CANNED VEGETABLES

Prepare the vegetables according to the individual requirements of each. Put into boiling water and boil 5 minutes on surface burner. Beets and carrots should have skins removed at this stage. Pack rather loosely into the jars, add 1 t. salt for each qt. jar, fill to within 1 inch of top of jar with boiling water. Partly seal, process specified time. Remove from oven, complete seal, and test for leaks. Cool as rapidly as possible. Store in a cool place.

In canning pimentos, remove stem, core, and seeds. Cover with boiling water, let stand 15 minutes, drain, cover again with boiling water, let stand 15 minutes longer. Then drain well, pack into jars, and follow general directions.

GENERAL DIRECTIONS FOR OVEN-CANNED MEATS

Clean and cut into such pieces as will pack into jars. Add 2 t. salt to each qt. jar. No boiling water is added to meats. Adjust rubbers and tops, partly seal, and process specified time. Remove from oven, complete seal, and test for leaks. Store in dry, cool place.

In canning chicken, place the giblets by themselves in a smaller jar.

CANNING RECIPES

CORNERED BEEF

Mrs. C. F. Davis

Boil together: 6 lb. salt, 3 lb. brown sugar, 3 oz. saltpetre, 5 gal. water. Cool, and add 1 oz. pepper. Pour this liquor over 100 lb. beef which has been cut into portions weighing 4 or 5 lb. each, with bones removed. Weight down in large earthenware jars. Meat will be ready for use in two weeks. By dividing the recipe for corning liquor into smaller quantities, a smaller amount of beef may be cornered. Meat will keep this way for 3 or 4 months.

CANNED CHICKEN

Mrs. C. W. McDonald

Cut the dressed chicken into pieces suitable for serving, using all but the backs, wings, and giblets. Season with salt and pepper, dip in flour and brown nicely in the fat. Pack as tight as possible into cans, seal and process in the pressure cooker for 1 hour, or in the hot bath for 3 hours.

CANNED GROUND MEAT

Mrs. C. W. McDonald

Sausage or hamburger may be packed tightly in the raw state into the sterilized cans. Seal and process for 1 hour in the pressure cooker at 12 or 15 lb. pressure or for 3 hours in hot water bath. When the cans are opened the meat comes out in a roll and can be sliced and browned.

CANNED ROASTS, STEAKS AND CHOPS

Mrs. C. W. McDonald

Select the pieces of meat, trim, and wipe with a damp cloth. Sear it in the oven or in a pan until well browned, then salt while still hot. Pack into sterilized tin cans and process 1 hour in the pressure cooker at 12 or 15 lb. pressure; or 3 hours in hot water bath. Remove from cooker and immerse in cold water so as to cool quickly.

CANNED PHEASANT OR CHICKEN

Mrs. J. L. Robinson

Prepare as for frying, brown in skillet, pack into hot sterilized jars and pour fryings over meat. Place top on jars, put in pressure cooker and process for 50 to 60 minutes at 10 to 15 lb. pressure. Remove from cooker and seal.

CANNED PIMENTOS

Mrs. O. H. Cessna

Wash pimentos, remove stem end and seeds. Place in bowl, pour boiling water over them to cover, let stand for 3 minutes. Repeat this process 3 times and drain well. Pack in glass jars and pour this solution over:

1 pt. vinegar

1 pt. water

 $\frac{3}{4}$ C. salt

6 T. sugar

Heat to boiling point, pour over peppers until jars are filled, and seal.

CANNED STRING BEANS

Mrs. Earl Rice

1 gallon water

1 C. salt

1 C. sugar

1 C. vinegar

1 pk. beans

Let boil 30 minutes. To serve, drain, add more water, and cook until tender.

CANNED CORN

Mrs. Merle Crane

Cut corn from cob and allow $\frac{1}{2}$ t. salt to each pt. of corn. Fill glass pt. jars carefully with a spoon to secure loose pack. Cook 3 hours in canning kettle.

CANNED CORN

Etta M. Budd

Open husks of each ear to make sure that it is good, replace husks. Blanch ear in a kettle of boiling water for 10 minutes to seal sugar and juices in the corn. Remove from hot water, husk and cut off corn. Pack loosely in pt. jars, place $\frac{1}{2}$ t. salt on top, fill jar with hot water. Place rubber on jar and lastly screw top partly on, place in canning kettle and boil for 3 hours. Remove from canning kettle and screw lid on tight. Corn canned this way comes out fresh and sweet.

VEGETABLES FOR SOUP

Mrs. Jennie McElyea Beyer

$\frac{1}{2}$ bu. tomatoes	6 medium carrots	$\frac{1}{2}$ pk. string beans
2 bunches celery	3 white turnips	3 red peppers
2 heads cabbage	6 ears corn	1 C. salt

Cook until tender, pack in cans and seal. May be prepared by a cold pack process.

VEGETABLES FOR SOUP

Mrs. J. L. Robinson, Mrs. Milton W. Shupe

2 qt. ripe tomatoes		
6 large onions	2 qt. string beans	2 bunches celery
1 red pepper	6 large carrots	3 ears corn
1 large head cabbage	3 or 4 green peppers	$\frac{1}{2}$ C. salt

Chop or dice all vegetables as fine as you wish for soup. Cook all together 1 hour after it begins to boil. Pour into hot sterilized jars and seal while hot. This makes about 25 pints. 1 pint combined with meat stock will serve 6. Canned bouillon or consomme may be used.

TOMATO SOUP

Mrs. C. W. McDonald

1 pk. very ripe tomatoes		6 or 8 cloves
1 stalk celery (2 if small)	6 large onions	2 or 3 stick cinnamon
6 large green peppers	6 T. sugar	cayenne pepper,
	6 T. cornstarch	small amount if
	4 T. salt	desired

Tie cloves and cinnamon in a cloth and allow to remain in the mixture as long or short time as you wish. Cut tomatoes, onions, pepper, and celery, and put into an enameled kettle with 1 pt. water, add sugar, salt, and spices. When very tender put through rotary sieve, return to stove and add cornstarch that has been mixed with cold water. Seal. When serving soup, follow the directions for either plain or cream of tomato soup. This recipe makes about 12 pints.

CANNED RHUBARB

Belle Iverson

Wash and peel rhubarb, cut into small pieces into cold jars that have been thoroughly sterilized. Shake down rhubarb as much as possible, then fill jar with cold water and seal, using new lids and jar rubbers.

Rhubarb canned this way will keep well for several years. When ready to use drain off water and to 1 qt. rhubarb add 1 C. sugar. Boil 15 minutes.

CANNED STRAWBERRIES

Belle Iverson

Wash and stem the berries, then pack into sterilized jars, shake down well but do not crush the berries. For each qt. jar of berries make a syrup of 1 C. sugar and 4 T. water, boil just a few minutes to dissolve sugar, then pour into jar and seal. Now set jars into a large container (one with a lid) and cover jars with boiling water, put on lid and throw a heavy cloth or rug over the container and allow to stand for 3 or 4 hours. Remove jars and your berries are canned, will stay whole and have a delicious flavor.

CANNED RASPBERRIES

Mrs. Ralph Rothacker

Fill jars with washed and well drained raspberries, cover with a hot syrup made in the proportions of 1 C. sugar to 1 C. water. Seal and let stand in hot water until cold. Cover containers while cooling.

ONE DISH MEALS

AMERICAN CHOP SUEY

1 onion	1 green pepper	$\frac{1}{3}$ C. uncooked rice
$\frac{1}{2}$ lb. pork or left over meat	$1\frac{1}{2}$ C. shredded celery	1 t. salt
		3 C. meat stock

Cut onion fine, mix together onion, cooked meat, shredded pepper, celery, uncooked rice, salt, and meat stock. Cook until rice is done, adding water if necessary so that the mixture does not become too stiff. Serves 5.

PORK CHOPS AND SAUERKRAUT

Mrs. F. H. Waters

4 thick pork chops		
1 No. 2 can sauerkraut	4 medium sized potatoes	salt
1 large onion		flour

Salt chops, dredge with flour and brown in shallow fat. Turn fat in which chops were browned into a heavy aluminum sauce pan, add sliced onion and kraut, place chops on top. Cover tightly and cook slowly 2 hours. Add potatoes and cook until tender.

BAKED ONE DISH MEAL

Place six slices of bacon in bottom of baking dish, over this put 1 lb. ground round steak seasoned. Slice 1 onion over meat, then a layer of sliced carrots. Add 1 can peas drained, over this a thick layer of sliced raw potatoes. Sprinkle a little salt and flour between each layer, cover with water and bake 1 hour.

ITALIAN SPAGHETTI

Etta M. Budd

1 lb. round steak	1 C. tomatoes	bacon drippings
$1\frac{1}{2}$ C. cooked spaghetti	(medium size)	1 onion

Pound steak and dredge on each side with highly seasoned flour or cracker meal. Sear in hot bacon drippings. Put in baking pan, and place on top the chopped onion, spaghetti, and tomatoes. Bake until steak is done. Serve on hot platter.

SPAGHETTI SUPREME

Mrs. S. H. Thompson

1 pkg. spaghetti or macaroni cooked	1 C. corn	1 green pepper
1 C. ripe olives	2 or 3 onions	chopped
1 lb. beef ground	salt to taste	2 small cans tomato soup
	$\frac{1}{2}$ lb. cream cheese	

Combine all ingredients and bake one hour.

SUPPER DISH

Mrs. H. D. Bergman

- | | | |
|------------------|-------------------|--------------------|
| 1 C. cooked rice | 1 small onion | 1 lb. ground fresh |
| 1 bunch celery | 1 can tomato soup | meat |

Brown onion and celery in meat fryings or butter, add soup and meat. Simmer until all are cooked, add rice and cook until rice is heated through.

VEGETABLE STEW WITHOUT MEAT

Mrs. T. R. Agg

- | | | |
|----------------------------------|----------------------------|------------------------------|
| 8 small onions | | 1 qt. water (more if needed) |
| 4 white turnips (cut lengthwise) | 3 potatoes cut in quarters | 1 t. paprika |
| 1 C. celery cut in small pieces | 1 C. canned tomatoes | 1 bouillon cube |
| 8 small carrots | $\frac{1}{4}$ C. butter | 1 T. chopped parsley |
| | 1 t. salt | $\frac{1}{2}$ t. pepper |

Wash and prepare vegetables, leave onions whole and cut the other vegetables as for other stews. Fry them, with the exception of the potatoes, in the fat for $\frac{1}{2}$ hour, being careful not to burn. Add the tomatoes, water, and seasonings, except the parsley, simmer slowly until vegetables are soft. Add potatoes, cook for $\frac{1}{2}$ hour, add parsley and serve. Dumplings may be served, cooked separately.

VEGETABLE GOULASH

Mrs. H. D. Bergman

- | | | |
|----------------------------|-----------------|-------------------------------|
| $\frac{1}{2}$ head cabbage | salt and pepper | $\frac{1}{2}$ C. bread crumbs |
| 2 T. bacon drippings | 1 can tomatoes | buttered |
| 1 large onion | (drained) | green peppers |

Chop cabbage, then put drippings in baking dish and put first a layer of cabbage, then a layer of onion and green peppers, alternating vegetables, and lastly cover with the buttered crumbs.

ARABIAN STEW

Brown tenderloin or pork chops, then put in a baking dish with a slice of onion and uncooked rice laid on top of each one. Pour tomato soup over all and bake $1\frac{1}{2}$ hours in covered dish.

QUANTITY COOKERY

MISCELLANEOUS SUGGESTIONS WHICH MAY BE USEFUL WHEN PREPARING FOR GROUPS LARGER THAN THE FAMILY

LAST MINUTE TIME SAVERS

Vegetables, such as fresh green beans or fresh asparagus, are easily and attractively served if tied in bunches when they are prepared. Cut the string and slip off after laying vegetable on plate to be served.

Flowers made of icing with a pastry tube may be made days or weeks before they are to be used. Form on waxed paper, making 1 petal of each flower at a time, allowing icing to dry before adding next petal of flower. Various colored flowers with yellow centers and green leaves make attractive decoration. Leave on waxed paper until ready to use. They may be used to decorate cakes, ice cream, or whipped cream on desserts. Put flower on icing of cake before icing dries.

Cocktail baskets of cantaloupe or grape fruit save need of having a large number of cocktail glasses and of washing them after a party. Grape fruit dropped in boiling water for 3 minutes loosens the membrane which holds the sections together, making it much easier to remove it. Cut fruit sections instead of dicing and use as much fresh fruit as possible. A bit of green, as mint or smilax, or spray of flowers, as crabapple blossoms, help to make the fruit basket attractive.

RECIPES WHICH MAY BE PREPARED PREVIOUS TO TIME OF SERVING

(16 has been taken as the number in making out recipes as it represents an average group.)

STUFFED POTATO CRABMEAT SURPRISE

Bake 16 large size potatoes, when done, cut off top and scoop out potato, mash, mixing with butter, cream, and salt and beat until very creamy. While potatoes are baking, make a rich white sauce of 3 C. milk, 6 level T. flour, $\frac{1}{2}$ C. butter and 1 t. salt. Let cool, add 3 small cans of crab meat, fill potato shells $\frac{1}{2}$ full of creamed crabmeat, finish filling and heap up with fluffy mashed potato. Sprinkle with paprika or grated cheese, cover with oiled paper and set in refrigerator. Just before ready to serve, place in oven to heat and brown. Serve piping hot.

A NEW CHICKEN SALAD

- | | | |
|--|-----------------------------|---|
| 2 C. chicken diced (use mostly white meat) | 2 C. diced celery | 2 T. lemon juice |
| 3 whites of hard-cooked eggs diced | 1 C. chopped salted almonds | $\frac{1}{2}$ t. salt |
| | | $\frac{1}{8}$ t. red pepper (Hungarian paprika) |
- Mix all with 2 C. mayonnaise, chill, serve on bed of lettuce leaves. Sprinkle with yolks of 3 eggs rubbed through strainer. Garnish with spoonfuls of mayonnaise, stuffed olives, or pimentos. Salted almonds add delicious flavor.

FROZEN FRUIT SALAD

- | | | |
|--|---|--------------------------------------|
| 2 C. whipping cream (measured before whipping) | 1 C. peaches | $\frac{1}{2}$ C. maraschino cherries |
| $1\frac{1}{2}$ C. bananas | $\frac{1}{2}$ C. nuts (English walnuts) | $\frac{1}{4}$ C. lemon juice |
| $\frac{1}{2}$ C. oranges | 1 C. sugar | 1 C. cooked salad dressing |
- Dice fruits, chop nuts, whip cream. Do not combine ingredients until ready to freeze. Place in containers that will hold about 2 qt., allow 24 hours for freezing. Serve with dressing made of $\frac{3}{4}$ whipped cream and $\frac{1}{4}$ salad dressing. Slice when ready to serve and place on lettuce leaf.

PEPPERMINT STICK CANDY ICE CREAM

(Delicious Peppermint)

- | | | |
|---------------------------------|-----------------|-------------|
| 1 lb. old fashioned stick candy | 1 pt. warm milk | 3 pt. cream |
|---------------------------------|-----------------|-------------|
- Crush fine, and partially dissolve old fashioned red and white peppermint stick candy in warm milk, cool, add cream and freeze.

SALAD GARNISHES

CHEESE STICKS

Mix $\frac{1}{2}$ C. ground cheese and $\frac{1}{2}$ C. pie dough, roll out, cut in strips, twist, put in pan and bake until golden brown. If possible put mixture in cooky cutter, using any desired shape. Cut strips before baking.

HORSERADISH SANDWICHES

Drain $\frac{1}{2}$ C. horseradish, mix with $\frac{1}{2}$ C. butter which has been creamed. Cut crusts from loaf of bread, spread mixture on bread before cutting slice from loaf. Cut paper thin, having knife very sharp, cut slice in half, make into tiny roll. Wrap in oiled paper until ready to serve with salad.

CHEESE CHERRIES

Grind 1 C. American cheese, moisten with cream, form into balls size of cherries. Dip in red fruit coloring, add stem of some shrub. Put in refrigerator until ready to serve on salad plate.

CANNED CORN AND CHIPPED BEEF

Mince $\frac{1}{2}$ lb. dried beef fine, add 1 can corn, 1 C. milk, 1 egg slightly beaten, add sprinkle of pepper if desired. Pour into buttered casserole, cover with 1 C. crumbs mixed with 2 T. melted butter. Bake 30 minutes. Serve with spring salad.

JELLIED CHICKEN

Mable Anderson

$3\frac{1}{2}$ qt. diced chicken		2 medium sized
$\frac{1}{2}$ C. pimento	16 T. gelatine dis-	onions chopped
$1\frac{1}{4}$ qt. chopped celery	solved in 5 C.	$3\frac{1}{2}$ qt. well seasoned
$1\frac{1}{2}$ C. pickle relish	cold water	chicken stock

Boil stock 5 minutes, add gelatine, let cool, mix other ingredients thoroughly and add to the stock. Fill individual ring molds and set away to chill. When ready to serve, unmold and fill centers with chopped cucumbers and tomatoes mixed with mayonnaise. Serves 100 people.

RICE AU GRATIN (to serve sixty)

Mrs. L. C. Tilden

Cook 6 C. of rice as previously directed, make a white sauce of:

3 qt. milk	$1\frac{1}{2}$ C. flour	1 lb. cheese
$\frac{3}{4}$ lb. butter		

WEDDING RECIPES

Louise Bennett Weaver in Des Moines Register

CHICKEN SALAD

10 C. diced cooked		
chicken	8 C. diced celery	3 C. stiff mayonnaise
3 t. salt	$\frac{1}{2}$ C. chopped pim-	1 C. stiffly whipped
$\frac{1}{2}$ t. paprica	entos	cream

Mix cream and mayonnaise, add half of this dressing mixture to all the rest of the ingredients, chill. When ready to serve arrange portions in crisp cups of lettuce and top with the rest of the mayonnaise. Serves 25.

WHITE CAKE

1 C. fat	$\frac{1}{4}$ t. almond extract	3 C. flour
2 C. sugar	$\frac{1}{8}$ t. salt	3 t. BP.
1 t. vanilla	1 C. milk	4 egg whites
$\frac{1}{2}$ t. lemon extract		

Cream the fat until it is soft, add sugar and beat for 1 minute. add the extracts, salt, milk, flour and BP. and beat for 3 minutes. Add the stiffly beaten egg whites and pour the cake batter into 2 layer cake pans, which have been fitted with waxed paper. Bake in a moderately slow oven for 25 minutes. Cool and cover with creamy frosting. Serves 24.

CREAMY FROSTINGS

- | | | |
|----------------------------------|----------------------|---------------------------------|
| 3 C. sugar | 3 egg whites stiffly | 1 t. vanilla |
| 1 C. water | beaten | $\frac{1}{4}$ t. almond extract |
| $\frac{1}{8}$ t. cream of tartar | | |

Mix sugar, water, and cream of tartar, stir and mix well, cook slowly without stirring, over moderate fire until a thread spins when a portion is dropped into cold water or off the spoon. Pour slowly into the stiffly beaten egg whites and beat until creamy and cold, add the extracts and carefully spread on the cake. Cool and when ready to serve cut in slices.

TOASTED CHEESE SANDWICHES

- | | | |
|--------------------------|----------------------|-----------------------|
| 36 slices of white bread | 1 C. white or yellow | $\frac{1}{4}$ t. salt |
| 1 C. soft butter | cream cheese | 4 T. salad dressing |

Mix butter and cheese together until very soft and creamy, add the rest of the ingredients and carefully spread on prepared slices of bread. Arrange in sandwich fashion and press firmly together, remove crusts and cut each sandwich into 3 bars, toast until a delicate brown color on both sides. Wrap in a cloth and keep warm in the oven until all the sandwiches have been toasted. Arrange them log cabin fashion on a tray or flat dish upon which has been placed a doily.

FRUIT SALAD

- | | | |
|----------------------|-------------------|-------------------------|
| 5 C. diced pineapple | 5 C. diced canned | 2 C. stiff salad dress- |
| 5 C. seeded white | peaches | ing |
| cherries | 2 C. diced marsh- | 1 C. stiffly whipped |
| 1 C. pecans | mallows | cream |

Mix cream and salad dressing, chill fruits and when ready to serve pour off the juices. Add the marshmallows and pecans and add half the salad dressing. Serve in lettuce cups and top with the rest of the dressing. If desired, chopped nuts may be sprinkled over the top or a red cherry may be added. Serves 25.

PLUM PUDDING

Mrs. Clifford Taylor

- | | | |
|-------------------------|--------------------------|------------------------|
| 9 C. sugar | 9 C. dry bread crumbs | 9 C. raisins (or |
| 3 C. fat (suet and | 3 t. allspice | dates) |
| butter) | 3 t. cinnamon | 9 t. soda dissolved in |
| 9 C. ground raw carrots | $1\frac{1}{2}$ t. cloves | hot water |
| 9 C. ground potato | 3 t. salt | 10 eggs |
| | | 4 C. flour |

Combine ingredients, mix thoroughly, put into buttered molds, cover and steam 3 hours. Serve with any preferred sauce. Makes 9 lbs.

If placed in 1 lb. cans for gifts, steam $1\frac{1}{4}$ hours.

GOULASH

Mrs. Anson Marston

- | | |
|---|--------------------|
| 1 can corn | 3 C. grated cheese |
| 1 lb. spaghetti boiled in salted water until tender | 1 C. bread crumbs |
| 2 lb. ground steak (or more) | buttered |
| 1 medium sized green pepper, ground | 1 can mushrooms |
| 1 to 3 medium sized onions, chopped | |

Cook ground steak in a little butter until it separates in crumbs. Add everything else except cheese and butter and buttered bread crumbs which are to be mixed and spread over the top. Bake 1 hour in dripping pan in a slow oven. Serves 25 to 30.

FRUIT CAKE

Mrs. Clifford Taylor

11½ C. sugar	11½ C. citron	salt
11½ C. butter	1½ C. each orange	1 C. fruit juice
11½ C. flour	and lemon peel	2 T. cinnamon
18 eggs	1½ lb. pecans	2 T. nutmeg
11½ C. raisins	1 C. dates	2 T. cloves
11½ C. currants	1 C. figs	1 T. soda
½ lb. almonds		

Put into loaf pans or molds (for gifts), decorate and steam 3 hours then bake in slow oven 30 minutes. Makes 13 lbs.

SUGGESTED QUANTITIES FOR SERVING LARGE GROUPS

SOUP

1 gallon serves 35 portions.

MEAT

(Weight before cooking)

- 1 lb. beef (stew, ragout) serves 4 portions.
- 1 lb. beef (hamburger) serves 4 portions.
- 1 lb. beef (rump roast) serves 4 portions.
- 1 lb. beef (rib roast) serves 2 portions.
- 1 lb. lamb (roast) serves 2 portions.
- 1 lb. lamb (leg) serves 2 portions.
- 1 lb. baked ham serves 3 portions.
- 1 lb. veal (leg) serves 2 portions.
- 1 lb. chicken (extended with cream sauce and dumplings) serves 4-5 portions.
- 1 lb. chicken (roasted) serves 1 portion.
- 1 lb. dried beef (creamed) serves 18 portions. (1½ qt. white sauce to 1 lb. beef.)
- 4 lb. chicken yields about 3 C. diced meat.
- 1 lb. cold boiled ham serves 6 or 8 persons.
- 1 lb. meat loaf serves 6 or 8 persons.

VEGETABLES

- 1 qt. dried beans serves 16 portions.
- 1 lb. potatoes mashed serves 4 portions.

SALADS

- 1 qt. fruit salad mixture serves 8 portions.
- 1 qt. vegetable salad mixture serves 6 portions.
- 1 lb. potatoes for salad serves 5 portions.
- 1 average size head lettuce (garnish) serves 12-15 portions.
- 1 average size head lettuce (head lettuce) serves 4-6 portions.
- 1 qt. French dressing serves 64 portions.
- 1 qt. mayonnaise dressing serves 75 portions.
- 1 qt. cooked dressing serves 75 portions.

DESSERTS

- 1 qt. pudding serves 10 portions.
- 1 qt. ice cream bulk serve 8-10 portions.
- 1 qt. ice cream brick serves 8-10 portions.
- 1 large cake 10 inches in diameter serves 16 persons.
- 1 qt. frozen mixture serves 6-8 persons. When ice cream means the main part of the refreshments, a larger serving is needed.

BEVERAGES

- 1 lb. coffee makes 2 gallons, 50 cups.
- 1 C. dry cocoa makes 1 gallon cocoa, 25 cups.
- 1 C. dry tea makes 50 cups tea.
- 18 medium lemons make lemonade for 20-25 servings.

BREAD

- 16. oz. loaf cuts 18 slices.
- 1 lb. small square crackers contains 64.
- 1 large pullman loaf cuts 50 thin sandwich slices.

MISCELLANEOUS

- 1 qt. pancake flour makes 20 cakes.
- 1 lb. cream of wheat makes 9 quarts cooked, 8 servings
1 quart.
- 1 pt. whipped cream serves 72 garnishes.
- 1 lb. butter makes 56 portions.
- 1 lb. salted nuts serves 20 persons.

MENU MAKING

TABLE SERVICE

MEAL PLANNING

SUGGESTIVE MENUS

*Compiled by Beth Bailey McLean, former Home Economics instructor of
Iowa State College*

MENU MAKING

The preparation of well cooked food is just one step in the realization of a successful meal. First of all, the choice of food must be considered in order that a well balanced and pleasing meal results. The table must be set correctly in order that the food may be easily eaten. The food must be served properly in order that those at the table receive the food in the best condition. And last, but of equal importance, there must be a kindly, friendly spirit at the table in order that the food fulfills its complete function of satisfying and nourishing the body.

CLASSIFICATION OF FOODS

I. *Foods that produce heat and energy in the body.*

1. Carbohydrates.

Cornstarch	Sugar
Potatoes	Honey
Apples	Molasses
Bananas	Candy
Rice	Raisins
Flour	Syrups
Bread	

2. Fats.

Butter	Bacon
Salad oils	Margarines
Cream	

3. Proteins.

II. *Foods that build and repair tissue.*

1. Proteins.

MILK	FISH	PEAS	CHEESE
EGGS	MEAT	BEANS	POULTRY

2. Minerals

Lime in cheese, milk, cauliflower, celery, onions.

Iron in spinach, onions, raisins, egg yolk, prunes, lean beef.

Phosphorus in buttermilk, codfish, celery, spinach, lean beef, lettuce, milk.

Iodine in sea food, green leaf vegetables, whole milk.

3. Water.

III. *Foods that regulate and protect the body.*

1. Minerals.

2. Water.

3. Vitamins.

A. Essential for growth, found mostly in spinach, egg yolk, butter, liver.

B. Essential for normal nutrition, found mostly in yeast, egg yolk, asparagus, wheat germ, most fruit and vegetables.

C. Essential to prevent scurvy and to build teeth, found mostly in orange juice, tomato juice, cabbage, lemon juice.

D. Essential to prevent rickets, found mostly in cod liver oil, ultra violet ray.

E. Essential for reproduction, found mostly in green leaf vegetables, germ of wheat, meat muscle.

Since no one food supplies all the needs of the body, it is essential to serve a variety of foods from meal to meal, and day to day. In the course of a day the body should receive plenty of energy giving food to carry on both the external and internal work of the body; enough tissue building food to repair worn out tissues and build new tissue for children and invalids; and a generous supply of those foods that regulate and protect and assure healthy, normal bodies.

Every meal should be planned to have:

1. A combination of types of foods—not all fat, nor protein, nor sugar.
2. Fruit or vegetables or both.
3. Milk and usually eggs.
4. A variety of foods.
5. A variety of preparation methods.
6. A balance of sweet and sour food.
7. A balance of soft and solid food.
8. Seasonable food.
9. Food suited to the ages of the family.
10. Food so prepared and served that it appeals to the eyes and whets the appetite.

Types of Breakfasts.

1. Light.

Fruit, breadstuff, beverage.

2. Average, especially for children.

Fruit, cereal, breadstuff, beverage.

3. Older children and active adults.
Fruit, cereal, eggs or fish, breadstuff, beverage.
4. Heavy.
Fruit, cereal, protein dish, vegetable, breadstuff, beverage.

Types of Luncheons or Suppers.

1. Soup, or beverage, or creamed vegetable or creamed protein with some form of bread.
2. Hot dish, breadstuff, with dessert.
3. Soup, salad and breadstuff.
4. Soup, breadstuff, and dessert.
5. Salad, or creamed dish, breadstuff, and dessert.
6. Avoid more than two courses, but vary these courses from day to day.

Types of Dinners.

1. Protein dish, vegetable, breadstuff, salad, or dessert.
2. Soup or cocktail, with No. 1.
3. Soup or cocktail, protein dish, vegetables, breadstuff, salad, dessert, and beverage.

Avoid repeating foods, excessive sweet and fat, and too many foods.

TABLE SETTING

Dishes, silver, and glassware are placed on the table for the convenience of the guests. When in doubt as to where to place an article, find the most convenient place. The set table should be attractive, balanced, and harmonious in line and color.

Choose the table covering that is suitable to the type of meal, that is, informal or formal.

Use a centerpiece of flowers, fruit, or a decorative table piece.

Set each cover with the necessary silver, linen, and glassware for that meal.

Place serving dishes and silver where the server can best serve.

At each cover, place the knife at the right of the place plate, cutting edge toward the plate. The forks are placed at the left, tines turned up. The fork that is used first is foremost from the plate with the sequence in toward the plate. If no knife is used, all forks are placed in the knife place, to the right.

The napkin is placed at the left of the forks with the hem and selvedge parallel to the edge of the table and the forks. Napkin may be folded oblong and placed on dinner plate.

The spoons are placed at the right of the knife with the first used spoon at the extreme right with the sequence in toward the plate.

All silver is placed in one inch from the edge of the table.

The glass is at the tip of the knife.

The bread and butter plate is at the tip of the fork.

The salad and any side dishes are placed at the left.

All silver, handles, and any other lines must follow the structural

lines of the table and room, that is, across or lengthwise. Diagonal lines attract attention and give the appearance of confusion.

A serving table may be set with dishes for the serving of other courses.

Salts and peppers, relishes, bread, and all dishes of food that are to be passed, should be placed where some one can easily reach the dish.

Do not overcrowd the table or crowd any cover.

SEATING THE GUESTS

If the hostess has no maid, she sits nearest the kitchen. The host sits opposite the hostess. Guests are seated to make for a congenial party. The honored lady guest is seated at the right of the host. The honored gentleman is at the right of the hostess.

TABLE SERVICE

In homes where there is no trained help to wait on table, the table service should be simple and convenient. All food is served at the table by the host or hostess.

In formal service, the plates are served from the kitchen or some courses may be passed on platters to each guest.

A combination of the family service and the formal service may be used if one has a maid or a son or daughter who can serve the guests quickly and quietly.

Always remember that a guest comes to visit with you rather than to review your method of table service. Good table service is inconspicuous. The mother is always the hostess of the table and must spend her time with her guests and family rather than in making unnecessary trips to the kitchen or around the table.

In table service one wishes to have food served in the best condition, that is, hot or cold; to have soiled dishes removed; and the food of other courses served as quickly, quietly, and attractively as possible.

The principles of table service may be briefly stated as follows:

The guest of honor, or the lady on the host's right is served first, other persons are served right on around the table. Signal to begin eating is given by the hostess.

Place, pass, and remove all dishes to the left of the seated person, beginning with the hostess, and so on around to the right. Use the hand farthest from the person, that is, the left hand.

The exception is that beverages are placed, and replenished at the right using the hand farthest from the seated person, that is, the right hand.

Never reach in front of a guest or in any way crowd or annoy him.

Some simple rules are:

Remove all dishes containing food first.

Remove one complete cover at a time. Remove the plates first, left side, left hand. Transfer to the right hand held at back of the guest. Remove the salad or other side dishes, placing on the plate held in the right hand if there is more than one side dish. Never stack dishes in front of a guest.

If a service table is used to hold the dishes from one cover, while one cleans another cover, dishes from two complete covers may be carried to the kitchen at once.

Remove the hostess' cover first and follow around the table to the right. If the hostess clears the covers, she begins to remove the dishes at the cover on the right, etc.

Do not crumb the table unless it is necessary. Use a folded napkin and plate to remove unsightly crumbs.

Place the dishes and silver for the next course. Then place the food for that course.

In passing food, hold the dish low with the serving silver in place.

In case of an accident, make amends as simply as possible and do not add to the confusion.

Avoid unnecessary trips to the kitchen but do not overstock dishes or tray to invite an accident.

Good table service means serving good food in prime condition to happy guests in such an efficient manner that the guests are not made conscious of the methods of serving used.

The art of entertaining, and the qualities of a successful hostess are not gained from reading books. A successful party depends on the selection of congenial guests; on a menu that is suited to the occasion, and to the home; on table setting that is appropriate and attractive; on table service that is effective and efficient; and on a spirit of hospitality that prevails in the home. The clever hostess does not undertake a menu or service that is too elaborate for her means.

Simplicity, originality, suitability, these are the essentials for success. Never try to imitate other hostesses but rather show your own personality. Serve those foods that you can prepare well and serve well in your own home. Never overtax your strength or unduly upset the family budget or schedule. A successful hostess must not be worried, flurried, or weary. Never let your guests feel that the party is a strain or an effort, but rather make them feel that you and your family are happy to have guests in your home.

It is only by careful management and thoughtful planning that the busy mother of a family can hope to accomplish these aims. To these many mothers in average homes where there is little or no trained help, let us say, "Entertain simply but often, so learn to excel."

MEAL PLANNING

Several things are to be considered in this important and daily task of the average housekeeper.

1. Is all the work to be done alone, both preparing the food and its serving?
2. Is it a family affair or for guests?
3. Are special dishes needed; for children, vegetarians, or those on a diet?

Under the first heading, when there are guests, select foods that can be prepared, partly at least, early in the day or left in the oven until

serving time, also combinations that do not require the hostess to be in the kitchen during the meal.

In preparing a meal for guests often the very same menu planned for the family can be elaborated upon by the serving of one or two extra dishes; an attractive platter of hors d'oeuvre, or a cocktail of fish or fruit, the salad served in a separate course with open-faced sandwiches or toasted cheese crackers, or the dessert may be elaborated, cake with fruit piled upon it and topped with whipped cream and a cherry, or toasted cocoanut, or chopped nuts.

However, if special dishes are needed for those on a vegetable or non-fattening diet, more time may be needed to arrange a balanced menu. Advanced thinkers and hostesses now desire to offer menus that will leave guests alert instead of stupid, uncomfortable, or with that "over-stuffed" feeling.

With the latter point in mind the following non-fattening menus are offered as samples to stimulate the imagination of the cook to produce other combinations which will tempt her guests—and reduce.

NON-FATTENING MENUS

DINNERS

I

HONEY DEW MELON (SERVED WITH SLICES OF LEMON)
 ROAST CHICKEN GREEN STRING BEANS DIET BREAD
 TOMATO JELLY SALAD COTTAGE CHEESE BALLS
 PINEAPPLE ICE
 COFFEE

II

SHRIMP COCKTAIL WAFERS
 BROILED STEAK (WITH ONIONS OR MUSHROOMS IN BUTTER)
 STEWED CELERY AND GREEN PEPPER
 FROZEN PINEAPPLE SALAD
 COFFEE

III

BAKED TOMATO STUFFED WITH MIXED NUTS
 MELBA GLUTEN BREAD ROMAINE WITH MINERAL OIL DRESSING
 FRESH BERRIES
 BLACK COFFEE CLEAR TEA

IV

FISH FLAKES WITH TOMATO SAUCE (IN RAMEKINS)
 TOASTED BREAD STICKS
 ROAST VEAL CAULIFLOWER
 MIXED PICKLES COMBINATION SALAD
 CHILLED SPICED APPLES
 COFFEE OR TEA

V

MINCED CHICKEN AND MUSHROOMS (IN RAMEKINS)
 BROILED VEAL CHOPS CARROTS AND GREEN PEPPERS (STEWED)
 SPINACH OLIVE AND CELERY SALAD
 ORANGES AND GRAPEFRUIT (IN GRAPEFRUIT BASKETS)
 COFFEE OR TEA

VI

TOMATO IN GREEN CHILE (MEXICAN) CANAPE CUCUMBER FINGERS
 BAKED PEPPERS (STUFFED WITH VEGETABLES)
 CALVES LIVER (BAKED WITH ONIONS) CELERY
 EGG AND PIMENTO SALAD
 FROZEN PEARS
 COFFEE TEA

VII

TOMATOES, GREEN PEPPERS AND ONION (BAKED IN RAMEKINS)
 ROAST LAMB MINT SAUCE PEAS
 STUFFED BEET SALAD DIET TOAST
 GRAPES OR MELONS
 COFFEE

VIII

OYSTER COCKTAIL, LEMON, HORSERADISH, TOMATO SAUCE
 BROILED FISH POTATO CHIPS
 BAKED STUFFED EGGPLANT CUCUMBERS
 CHILLED PRUNES (STUFFED WITH COTTAGE CHEESE) BOILED DRESSING
 LEMON ICE
 COFFEE

Remember that lean meat, fish, poultry, green vegetables, and fruits are all available to the hostess who desires to serve non-fattening menus. Do not use creamed sauces, whipped cream garnishes, butter sauces, or mayonnaise, unless made with mineral oil.

Serve salads with:

1. Vinegar dressing.
2. Boiled dressing.
3. Mayonnaise or French dressing made with mineral oil.

Serve only diet breads, gluten bread, biscuit, toasted bread.

Serve drinks at end of meal or between meals.

Vinegar seasoned with Worcestershire sauce, dry mustard, and minced onion makes a good dressing for fruit or vegetable salads.

Cucumber fingers are quarters of small pared cucumbers, cut lengthwise.

Cucumber boats are finger lengths hollowed out and filled with cottage or Roquefort cheese.

Garnish Suggestions

For meats, salads, fish.

Tiny beets on celery leaves.

Asparagus tips in (green or red) pepper rings.

Hard boiled eggs and pimentos.

Hard boiled eggs topped with slices of stuffed olives.

Lemons quartered and sprinkled with paprika.

Vegetables cut in fancy shapes.

Mint leaves.

Cottage cheese balls rolled in grated carrots or parsley.

LUNCH OR SUPPER SPREADS

I

WATERMELON COCKTAIL

COLD SLICED CHICKEN

CELERY	RADISHES	DIET BREAD	ASPARAGUS TIPS
LETTUCE SALAD WITH HARD BOILED EGG DRESSING			
(PIMENTO GARNISH)			
ICE TEA			

II

SHRIMP COCKTAIL CUCUMBER FINGERS

ASSORTED COLD MEATS

PEPPER RINGS STUFFED WITH COTTAGE CHEESE

COMBINATION SALAD

MELON FRAPPE

COFFEE

III

HALVES TOMATOES (STUFFED WITH ONION AND CUCUMBER)

COLD ROAST DUCK

CELERY

DIET BREAD

ROMAINE WITH EGG DRESSING

COMPOTE OF FRUIT

COFFEE OR ICE TEA

VEGETABLE LUNCHEONS

In planning vegetarian meals remember that vegetables may be divided into three classes; the first being that which may be considered as substitutes for meat: as beans, dried peas, lentils, nuts of every variety. Also classified as substitutes for meat in the building of muscle, are milk, cheese, and eggs.

The second class of a vegetarian diet includes cereals, corn, and potatoes, which supply the fuel necessary to keep the body in good condition.

The third class, which is the largest, includes all green vegetables and

fruits. These are necessary in every dietary, whether vegetable or other, in order to produce a well balanced meal.

I

EGGS BAKED IN POTATOES
CORN AND TOMATO EN CASSEROLE
HOT GINGER BREAD

PARKER HOUSE ROLLS
FRIED GREEN PEPPERS
FOAMY SAUCE

II

RICE MOLDS WITH GREEN PEAS AND CARROTS
MUFFINS TOMATO JELLY AND COLESLAW
NUT AND DATE PUDDING

III

SCRAMBLED EGGS AND ASPARAGUS TIPS
JELLIED CUCUMBER SALAD
RASPBERRY MOLD

TOAST MELBA
COTTAGE CHEESE
ANGEL CAKE

IV

BROWN BREAD SANDWICHES

CANDIED TOMATOES

MACARONI AU GRATIN

LETTUCE SALAD

FRENCH DRESSING

APPLE KUCHEN

VEGETABLE DINNERS

I

CREAM OF CELERY SOUP
STUFFED EGGPLANT

WAFERS

CARROTS

BOILED RICE

CHEESE SOUFFLE

ENDIVE SALAD

PINEAPPLE SHERBET

LEMON COOKIES

II

CREAM OF ASPARAGUS SOUP

VEGETABLE PIE

WATERCRESS SALAD

CREAM CHEESE

APRICOT AND MARSHMALLOW WHIP

DATE BARS OR TEA CAKES

COFFEE

III

TOMATO SUPREME

GREEN PEPPERS STUFFED WITH MACEDOINE OF VEGETABLES

NOODLES

BEETS

POTATO AND NUT SALAD

FROZEN CHOCOLATE PUDDING

ICE TEA OR COFFEE

IV

CREAM OF CORN SOUP

MOCK VEAL LOAF OR TURKEY LOAF SPINACH FRIED HOMINY
 PEAR, COTTAGE CHEESE, PIMENTO SALAD FRENCH DRESSING
 PEACH SHORTCAKE

V

BAKED CORN CROQUETTES

BUTTERED DRIED LIMA BEANS BROILED TOMATOES
 SALLY LUNN AND BUTTER WATER CRESS WITH FRENCH DRESSING
 DEEP DISH APPLE PIE
 TEA OR COFFEE MILK (CHILDREN)

VI

CREAMED ASPARAGUS ON DRY TOAST

GREEN LIMA BEANS CURRIED RADISHES
 LETTUCE WITH RUSSIAN DRESSING NUT MUFFINS, BUTTER
 PLUM TAPIOCA WITH LIGHT CREAM
 TEA OR COFFEE MILK

VEGETABLE PARTY LUNCHEONS

I

TOMATO COCKTAIL

CREAM OF SPINACH SOUP WITH CROUTONS
 OLIVES CELERY
 MUSHROOM CROQUETTES WITH BROWN SAUCE
 BUTTERED PEAS IN SWEDISH TIMBALES TEA BISCUIT AND BUTTER
 LETTUCE, CUCUMBER AND PINEAPPLE SALAD WITH MAYONNAISE
 NUT CUSTARD ICE CREAM IN PUFF SHELLS
 COFFEE OR ICED TEA WITH LEMON OR MINT

II

MUSHROOM AND OYSTER COCKTAIL

CREAM OF ASPARAGUS SOUP
 RADISHES STUFFED CELERY
 SWISS CLUB SALAD TINY POTATO CROQUETTES
 ALMOND CREAM CAKE
 COFFEE OR ICED TEA

VEGETABLE PARTY SUPPERS

I

TOMATO BOUILLON CHEESE CRACKERS
 NUT SANDWICHES
 MUSHROOMS AND ROQUEFORT SANDWICHES
 STUFFED PEPPER EGGS WITH MAYONNAISE
 PEACH PARFAIT
 BLACK WALNUT CAKE COFFEE

II

TOMATO RAREBIT ON TOAST
 CELERY OLIVES
 FRENCH PASTRY WITH BUTTERSCOTCH ICE CREAM
 ICE GRAPE JUICE COFFEE

III

JELLIED FRUIT WITH MAYONNAISE
 CELERY NUT SANDWICHES MINT SANDWICHES
 COMPOTE OF CHESTNUTS AND WHIPPED CREAM
 ICE FRUIT JUICES

VEGETABLE THANKSGIVING OR CHRISTMAS DINNER

I

TOMATO BISQUE
 MOCK SLICED TURKEY FRANCONIA POTATOES
 CELERY SWEET PICKLES OLIVES
 CAULIFLOWER WITH DRAWN BUTTER, BAKED SQUASH
 ROLLS BUTTER
 MOCK MINCE PIE

II

HOT MUSHROOM CANAPES OR OYSTER COCKTAIL
 CREAM OF TOMATO SOUP, WAFERS OR CLEAR BOUILLON
 VEGETABLE TURKEY BROWN CHESTNUT SAUCE MASHED POTATOES
 SPINACH BALLS RUTABAGAS
 CRANBERRY JELLY PICKLES CELERY
 SPANISH CREAM SALAD WITH LETTUCE
 STEAMED CARROT PUDDING WITH HARD SAUCE
 SALTED NUTS FRUIT
 COFFEE

PARTY LUNCHEONS OR SUPPERS

I

CLAM BROTH THIN BISCUITS
 COLD HAM AND CHICKEN VEGETABLE SALAD
 CREAM CHEESE SANDWICHES
 LADY FINGERS STRAWBERRY SHERBET
 COFFEE

II

CHICKEN CONSOMME SALTINE CRACKERS
 LOBSTER SALAD LETTUCE SANDWICHES
 SALLY LUNN STUFFED EGGS
 STRAWBERRY SHORTCAKE
 ICE COFFEE OR ICE TEA

III

JELLIED BOUILLON IN CUPS	SALTINE WAFERS
CHICKEN A LA KING	SMALL HOT BUTTERED BISCUITS
RICE CROQUETTES	VEGETABLE SALAD
TOMATO SANDWICHES	LETTUCE SANDWICHES
NESSELRODE PUDDING	
COFFEE	

IV

CLAM BROTH FRAPPE
LOBSTER A LA NEUBURG
VIRGINIA HAM
COLESLAW SALAD
LETTUCE SANDWICHES
SMALL PARKER HOUSE ROLLS
RASPBERRY ICE CREAM
MOCHA CAKE
DEMI TASSE

FORMAL TEAS

I

CHEESE STRAWS		
TOMATO JELLY SANDWICHES	BROWN BREAD SANDWICHES	
NUT WAFERS	FROSTED CAKES	MINTS
NUTS	CANDIES	
ORANGEADE OR TEA WITH LEMON AND CLOVES		

II

CUCUMBER SANDWICHES	MELBA TOAST	CHEESE BISCUITS
MAPLE LAYER CAKE	BUTTER COOKIES	
ICE CHOCOLATE-WHIPPED CREAM	TEA WITH ORANGE	

AFTERNOON TEAS

I

SCOTCH SCONES	CHEESE TOAST	NUT COOKIES
COFFEE	CREAM	TEA WITH ORANGE

II

BROWN AND WHITE BREAD SANDWICHES	TOASTED CORN MUFFINS	
CHOCOLATE CAKES		
TEA	OR	COFFEE

III

CINNAMON TOAST OR TEA MUFFINS OR
CREAM CHEESE-PIMENTO SANDWICHES
DROP CAKES
TEA WITH LEMON OR ORANGE

(More elaborate drinks. Tea with cream or lemon or orange slices, iced coffee, hot chocolate, or an iced fruit.)

For more formal affairs, add nuts, mints, or elaborate single decorated candies, or frosted decorated cakes, ice in paper containers, open faced, decorated sandwiches, small and dainty.

For high tea the guests are seated, a larger plate is used and a salad with wafers or sandwiches, olives or pickles, may be served. Ice and cakes may be passed, or ice and nuts, or a second plate arranged with the ice and cake and may be brought after first one is removed.

SUMMER MENUS—COOLING

I

	TOMATO CANAPE	
SLICED MOLDED MEAT		BUTTERED BROWN BREAD
	HORSERADISH SAUCE	CURLED CELERY
VEGETABLE SALAD	WHITE BREAD SANDWICHES	
	STRAWBERRY SHORTCAKE OR PEACH FLUFF	
	NUT COOKIES	

II

	HORS D'OUVRES	
SLICED TONGUE	NUT BREAD AND GRAHAM SANDWICHES	
	FRUIT SALAD	APPLE SNOW
	FROSTED DROP CAKES	

III

	SARDINE CANAPE	
HAM MOUSSE	TOMATO AND LETTUCE SALAD	
	ROLLED BREAD AND BUTTER	
	PEACH PUDDING	

IV

	ANCHOVY CANAPE	
	CHICKEN SALAD	
CHEESE STRAWS	BROWN BREAD SANDWICHES	
	WHITE BREAD SANDWICHES	
	PINEAPPLE FLUFF	
	MACAROONS	

V

	HALF GRAPE FRUIT	MINT LEAVES
	COLD TONGUE	
BUTTERED ASPARAGUS	BREAD STICKS	FROZEN SALAD
	BANANA AND NUT CREAM	
	LADY FINGERS	

VI

	JELLIED CONSOMME
CHICKEN TIMBALE	SHREDDED VEGETABLE SALAD
GRAHAM SANDWICHES	LEMON MILK SHERBET
NUT COOKIES	TEA CAKES

SPRING BREAKFAST

I

	FRESH PINEAPPLE POINTS
POWDERED SUGAR MOUND	CREAM CHICKEN ON WAFFLE
PEACH PICKLE	GELATINE SALAD ON LETTUCE
HOT ROLLS	STRAWBERRY JAM
MINT ICE	COOKIES
	COFFEE

II

FRESH BERRIES IN SHERBET GLASSES WITH MINT LEAF
 RICE AND HAM OMELET, PARSLEY GARNISH
 TOMATO, CUCUMBER, GREEN PEPPER SALAD
 BAKING POWDER BISCUITS RED JAM
 ICED MELON FILLED WITH PINK ICE CREAM
 COFFEE

MOCK SLICED TURKEY

1 C. minced celery		1 C. lentils
1/2 C. chopped onions	2 eggs beaten	1/2 t. soda
2 T. butter or vegetable oil	1/2 C. chopped roasted peanuts or walnuts	1/2 C. dry bread crumbs
10 thin slices of bread	3/4 t. salt	1 1/2 C. milk

Cook lentils as usual, until tender, drain and mash to a pulp, add celery and onion browned in butter, 1 beaten egg, the nuts, seasonings and bread crumbs. Beat second egg, add milk, dip in bread and place in layers in a buttered baking pan, alternating with the lentil mixture, pour remaining milk over and bake until brown in a moderate oven 375° for 35 minutes. Unmold and serve as a loaf. Any remaining can be sliced and fried.

VEGETABLE TURKEY

1 pt. mashed cooked lentils	2 C. finely ground roasted peanuts or English walnuts	1 medium sized onion grated
2 C. canned tomatoes, drained	1/2 C. toasted bread crumbs	1/4 C. cream
2 beaten eggs		2 t. salt
		1/8 t. pepper

Combine ingredients in the order mentioned, press into a well oiled baking dish and bake 30 minutes in a hot oven, 375°. Serve with brown chestnut sauce.

BROWN SAUCE

 $1\frac{1}{2}$ T. butter $1\frac{1}{2}$ T. flour $1\frac{1}{2}$ C. soup stock, vegetable or meat

1 T. each minced

carrot and onion

few grains mace

pepper and salt to taste

1 sprig parsley, sweet marjoram or thyme

Melt butter and when browning stir in flour, cook till pale brown in color, stirring, add vegetables, then the stock, stirring constantly. Add seasonings, simmer 5 minutes, strain, and use plain or with a further seasoning of Worcestershire sauce, tomato, walnut, or mushroom, catsup or $\frac{1}{2}$ T. lemon juice. For chestnut sauce add 1 C. chopped cooked chestnuts seasoned with celery salt.

SICK ROOM AND INFANT FEEDING

CONSTIPATION MUFFINS

Recipes from Iowa State College

No. 1	No. 2	No. 3
1 C. white flour	1 C. flour	1 C. flour
2 C. bran	1 C. bran	1 C. bran
2 T. brown sugar	1 C. brown sugar	4 t. BP.
1 t. salt	1 t. soda	$\frac{1}{2}$ t. salt
1 t. soda	1 C. sour milk	1 T. sugar
$\frac{1}{4}$ C. molasses	$\frac{1}{2}$ t. salt	$\frac{3}{4}$ C. milk
1 C. milk	1 egg	$\frac{1}{2}$ C. fruit (dates)
1 egg	2 T. butter	3 T. fat
	$\frac{1}{2}$ C. raisins or dates	

LIVER RECIPES

BROILED LIVER

Dash liver in hot water, remove skin, and broil until done, or pan broil in a small amount of mineral oil. 5 minutes are generally allowed for cooking.

STUFFED TOMATOES OR GREEN PEPPERS

Season ground liver with salt, pepper, onion if desired, and moisten with tomato juice.

STUFFED POTATOES

Scoop out a baked potato, mix with milk and seasoning and replace in $\frac{1}{2}$ of potato. Fill the other $\frac{1}{2}$ with the above liver mixture.

LIVER SOUP

Add the finely ground liver to cup of tomato juice. Cooked celery may be added.

LIVER WITH VEGETABLES

4 C. cut potatoes, celery tops or parsley	1 C. small onions	2 T. flour
2 lb. liver	2 C. diced parsnips or turnips	2 T. salt
		$\frac{1}{8}$ T. pepper

Cook vegetables for 20 minutes, put into baking pan or casserole with stock in which they were broiled. Add 1 T. flour mixed with cold water. Cover with the liver which has been seasoned and cut into pieces. Bake in a slow oven for 1 hour.

CREAMED LIVER

Parboil sliced liver, then cut in cubes and brown slightly with butter in frying pan, stirring constantly. Sprinkle with flour and brown, stirring constantly. Add enough rich milk to make a thick sauce.

LIVER CUSTARD

$\frac{1}{4}$ C. ground liver
1 egg

$\frac{1}{2}$ C. milk

$\frac{1}{4}$ t. salt
 $\frac{1}{4}$ t. butter

Beat egg slightly, add liver, milk and salt, put in buttered mold and set in pan of hot water. Bake in moderate oven.

SCALLOPED LIVER

1 lb. liver

$\frac{1}{2}$ C. crumbs

2 C. white sauce

1 C. tomato

2 pats butter

Parboil liver and cut in cubes, line buttered baking dish with cracker crumbs. Place alternate layers of liver and white sauce, cracker crumbs, and tomatoes, white sauce and cracker crumbs, dot with pieces of butter.

LIVER MASH

2 lb. liver, parboiled and
ground

1 strip ground bacon

2 t. ground onion

2 pats butter

Mix together all the ingredients and cook in a double boiler 10 to 12 minutes. Serve hot on a platter garnished with triangles of toast.

HOT LIVER AND TOMATO

$\frac{1}{2}$ C. ground broiled liver seasoned with salt and pepper. Place liver on lettuce leaf, and put 2 slices of raw tomato over liver, top with sprig of parsley. May be served with horseradish or lemon.

SCALLOPED LIVER

1 lb. liver

$\frac{1}{2}$ C. crumbs

2 C. white sauce

1 C. tomato

2 pats butter

Parboil liver and cut in cubes. Line buttered baking dish with cracker crumbs. Place alternate layers of liver and white sauce, cracker crumbs and tomatoes, white sauce and cracker crumbs, dot with pieces of butter.

LIQUID DIET

Katherine Diehl

LEMONADE

juice of 1 lemon or

3 T. lemon juice

3 T. sugar

1 C. water

Dissolve sugar in lemon juice, add ice water and shaved ice if desired.

ORANGEADE

rind of 1 sour orange

1 C. boiling water

1 T. sugar

juice of 1 orange

Cut the yellow rind carefully from the orange and pour boiling water over it, add sugar and juice and strain. 1 t. lemon juice may be added if desired. Chill before serving.

PLAIN ALBUMEN

White of 1 egg. Beat the white of egg until slightly foamy, allow it to stand in cold place until liquid separates from the foam. Remove foam and serve the liquid albumen. Salt may be added if desired.

COCOA

 $\frac{1}{2}$ C. milk $\frac{1}{4}$ C. water

1 t. sugar

 $\frac{1}{2}$ T. cocoa

Mix cocoa and sugar, add cold water, boil directly over fire for 3 minutes, then stir into hot milk and cook 5 minutes over hot water.

ALBUMENIZED ORANGE JUICE

1 T. sugar

white of 1 egg

juice of 1 orange

Place all ingredients in a covered glass jar and shake until thoroughly blended. Strain and serve.

COLD EGGNOG

1 egg

1 T. sugar

1 C. milk

1 T. brandy

Beat the egg, add sugar, then milk and brandy.

EGG BROTH

1 egg

 $\frac{1}{2}$ t. sugar

1 C. hot milk

salt

Beat egg, add sugar and salt, pour the hot milk over them and serve immediately. Hot water, broth, soup, or tea may be used instead of milk.

BEEF JUICE

Take a slice of the round of beef and heat it a few seconds over a clear fire. Cut the meat into small pieces and press out the juice, using a lemon squeezer or meat press. The press should be heated. Season with salt and serve in a colored wine glass.

MALTED MILK

For 1 C., 2 dessert spoons of malted milk, pinch of salt. Mix to smooth paste, then add hot water or milk.

BEEF BROTH

 $\frac{1}{2}$ C. or $\frac{1}{4}$ lb. lean beef $\frac{1}{2}$ C. cold water

Chop meat very fine and soak in the cold water 1 hour or longer, put in saucepan surrounded by lukewarm water and cook until it has become a reddish brown, stirring all the time. A small rack should be placed under the sauce pan. Remove from fire and pour through a coarse strainer into a hot cup, season and serve hot.

SEMI-SOLID DIET

CREAM OF POTATO SOUP

 $\frac{1}{2}$ an egg yolk $\frac{1}{2}$ C. potato $\frac{1}{2}$ C. milk (heated)

1 T. cream

 $\frac{1}{8}$ t. salt

pepper

celery salt or onion

juice

Cook potatoes until soft, drain, mash, add milk and cream and strain, add to this the beaten yolk and seasoning. Cook in double boiler until egg thickens, stirring constantly. Serve immediately.

CREAM OF TOMATO SOUP

 $\frac{3}{8}$ C. strained tomatoes $\frac{1}{8}$ t. soda $\frac{1}{2}$ T. flour

white pepper

 $\frac{1}{2}$ T. butter $\frac{1}{4}$ t. salt $\frac{1}{2}$ C. milk (heated)

Stew $\frac{3}{4}$ C. to 1 C. tomatoes slowly 15 minutes and strain. Measure $\frac{3}{8}$ C. and add soda while hot, make a white sauce and add the strained tomato. Serve at once.

Besides these there are many other cream soups, such as oyster, pea, celery, etc. In this diet is included all milk desserts and custards, toast, and potatoes with meat gravy.

GENERAL DIET

A general diet includes all semi-solids, including meats.

PASTEURIZED MILK

Fill sterile bottles or jars nearly full of milk, cork them with baked cotton, place on rings in a deep pan and fill with cold water so that the water may be as high outside the jars as the milk is inside. Place the pan over the fire and heat until small bubbles appear around the top of the milk (about 155°). Remove to the back of the fire and allow the bottles to stand there 15 minutes, then displace the hot water with cold water to reduce the temperature as quickly as possible and when milk is cold remove bottles from the water and keep in cold place.

CEREALS AND GRUELS

GENERAL RULES

Any cold mush may be thinned with cream, milk or water to the consistency of a cream soup, and served as a gruel.

All cereal preparations, grains, meals or flours may be used for gruels; also plain crackers, powdered.

Gruels must be thoroughly cooked, strained, seasoned, and served very hot.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for 3 hours over boiling water. When gruels are made from flour the flour must first be mixed to a smooth, thin paste with $\frac{1}{4}$ C. cold water or milk, then stirred into the hot liquid. They should be cooked at least 1 hour.

A double boiler must be used for gruels made with milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins, lemon rind, fruit juice, meat extracts, or stimulants may be used to flavor gruels.

CORNMEAL GRUEL

 $1\frac{1}{2}$ C. water $\frac{1}{6}$ t. salt

1 T. cornmeal

Pour the meal into the boiling salted water, cook directly over the heat 15 minutes, stirring constantly, then over boiling water for 3 hours.

OATMEAL GRUEL

1/6 t. salt

1 T. oatmeal

1 C. liquid

Pour oatmeal into boiling water. Cook directly over heat for 15 minutes, stirring constantly, then over boiling water for 1 hour.

BOILED RICE

1 1/2 C. boiling water

1/3 t. salt

1 T. rice

Rice must be carefully picked over and washed thoroughly. Add gradually to boiling water so water will not stop boiling. Partly cover and cook for 20 minutes or until grains are soft, drain in colander, then allow rice to dry for 5 minutes in the oven with door open.

INFANT FEEDING

Henrietta Gronlid

HOW TO COOK SOUPS AND CEREALS FOR CHILDREN

Vegetable Soup Number 1. Take 1 C. each of the following vegetables (chopped): turnips, carrots, celery, fresh spinach (1 or 1/2 C. canned spinach). Wash and chop vegetables, add enough water to cover, and cook slowly about 2 hours or until vegetables are quite soft, adding water as evaporation takes place. Strain and press juice through fine strainer. The above recipe should make about 2 C. of soup.

Vegetable Soup Number 2. Prepare as above. When the vegetables are soft, press about 1/2 of pulp through sieve, thus producing a fairly thick soup.

Vegetable Soup Number 3. Add 1 C. finely ground meat to vegetables used above. Cook slowly and serve without straining.

Milk Vegetable Soup. Take 1/3 C. of finely cooked and sieved peas, carrots, celery, spinach, cauliflower, or beans, fill C. with milk and butter, salt, and 2 t. flour mixed with a small amount of milk. Boil 3 minutes, stirring constantly.

Baked Custard. Mix 1/2 C. milk with the yolk 1 egg, add 1 t. sugar and a few sprinkles of salt. Pour into an earthen cup set in pan of water and cook in oven until set.

Instructions for Cooking Cereals. Stir the cereal into the right amount of boiling salted water and cook over direct heat 3 minutes, then set in pan of boiling water and cook as long as directed below without further stirring. Proper proportions are as follows:

1 C. cornmeal, 5 C. water, 1/2 t. salt. Cook 2 2/3 hours.

1 C. finely ground wheat preparation, 6 C. water, 1/2 t. salt. Cook 2 hours.

1 C. hominy grits, 4 C. water, 1 t. salt. Cook 3 hours.

1 C. rolled oats, 2 C. water, 1/2 t. salt. Cook 1 hour.

1 C. rice, 4 C. water, 1/2 t. salt. Cook 1 1/2 hours.

INDEX

ALMOND COOKIES, 158, 159
Anchovies, 199
Apple, Conserve, 216
 Crystals, 164
 Muffins, 24
 Oatmeal with, 32
 Pudding, 97, 98
 Sweet Potatoes with, 76
Apricot Pie, 135
 Pudding, 98
 Sauce, 107
Arabian Stew, 228
Artichoke, 73
Asparagus, au, Gratin, 69
 In Blanket, 69
 Salad, 79, 83
 Soup, 38

BANBURY TARTS, 145
Beans, Boiled Lima, 71
 Boston Baked, 71
 Chili Con Carne, 58, 59
 Soup, 37
 Spanish String, 71
Beef, 55
 Brown Stew, 56
 Canned corn with, 231
 Chili Con Carne, 58, 59
 Corned Beef Loaf, 59
 Creole, 56
 Croquettes, 58
 Loaf, 57, 58
 One Dish Meal, 227
 Pie, 58
 Pressed, 59
 Roast, 55
 Salisbury Steak, 56
 Steak Broiled, 55
 Steak Casserole, 56
 Stock, 35
 Swiss Steak, 56
Beets, Baked, 70
 Harvard, 70
 Relish, 211
Beverages, 13
 Arctic Ale, 15
 Chocolate, 16
 Cocoa, 16
 Coffee, 15
 Eggnog, 16
 Fruit Syrup, 13
 Grape Juice, 14
 Indian Punch, 14
 Raspberry Shrub, 14

Beverages—Continued
 Rhubarb Punch, 15
 Tea, 15
Biscuits, 26, 27
Brains with Eggs, 66
Bread, 17, 26
 Banana, 25
 Boston Brown, 23
 Bran, 22
 Brown, 22
 Corn, 26
 Date Nut, 21
 Grapenut, 26
 Nut, 21
 Oat Meal, 17
 Orange, 25
 Spoon, 26
 White, 17
 Whole Wheat, 17
Broccoli, 69
Brussels Sprouts, 70

CABBAGE, AU GRATIN, 71
 Chinese, 70
 Salad, 80, 83
 Tomato with, 80
Cake, Angel Food, 190, 191
 Apple Sauce, 172, 184
 Banana, 184
 Boston Cream Pie, 186
 Bread Sponge, 177
 Burnt Sugar, 179
 Buttermilk, 177
 Caramel, 172
 Checker Board, 177
 Cherry, 185
 Chocolate, 172, 180, 181, 191
 Cocoanut, 179
 Creole, 186
 Daffodil, 192
 Date, 183, 184
 Delmonico, 187
 Devils Food, 181, 182, 183
 Fruit, 187, 188, 233
 Fudge, 183
 Gold, 177
 Graham Cracker, 186
 Holiday, 178
 Imperial, 187
 Jelly Roll, 193
 Lady Baltimore, 189
 Layer, 189, 190
 Lightning, 174
 Maple Sugar, 179

Cake—Continued

Marble, 172
 Mock Angel, 176
 Mother's, 174
 Nut, 172, 175
 Orange, 173, 174, 175, 189
 Prune, 185
 Pudding, 185
 Quick, 173, 184
 Sour Cream, 175, 176, 178
 Spanish, 173
 Spanish Bun, 184
 Spice, 173, 178, 190
 Sponge, 192, 193
 Standard, 172
 Sunshine, 191
 Tutti Frutti, 184
 U Guess, 186
 Vanity, 176
 Velvet, 174
 Washington Pie, 185, 186
 Whipped Cream, 179
 White, 172, 173, 175, 176, 189, 190
 231
 Yellow, 189

Cakes, 146

Blarney Stones, 148
 Cinnamon, 149
 Cream Puffs, 148
 Cup, 148
 Devils Food, 146
 Jumbles, 147
 Lady Fingers, 147
 Lightning, 149
 Mocha, 146
 Peanut, 146
 Raisin, 148
 Rocks, 147
 Shortbread, 147
 Sour Cream, 149
 Sponge Drops, 147
 Tea, 149

Canapes, 200

Dexter, 200
 Herring, 200
 Sardines, 200
 Toast, 200
 Tomato, 200

Candy, 164

Canning,

Chicken, 224
 Corn, 224, 225
 Corn Beef, 223
 Ground Meat, 224
 Oven Canning, 222
 Pheasant, 224
 Pimentos, 224
 Raspberries, 226
 Rhubarb, 225
 Steaks and Chops, 224
 Strawberries, 226
 String Beans, 224

Canning—Continued

Tomato Soup, 225
 Vegetable Soup, 225
 Cantaloupe, 86
 Cauliflower, 72
 Scalloped, 72
 Mousseline, 72
 Carrots, Baked, 74
 English, 71
 Pudding, 105
 Salad, 79, 81, 84
 Celery, Creamed, 72
 Salad, 80, 83
 Soup, 37
 Stewed, 72
 Cereals, 32, 33
 Cheese, 30
 Cherries, 230
 Convent Pie, 31
 Fondue, 31
 Mah Jong Mix, 31
 Mushrooms, 30, 31
 Puff, 30, 31
 Salad, 87, 88, 92
 Souffle, 31
 Sticks, 230
 Cherry Pudding, 99
 Salad, 82
 Sauce, 107
 Chicken, 45
 A la King, 47
 Creamed, 47
 Croquettes, 48
 Dumplings, 49
 Fried, 46
 Giblet Gravy, 45
 Hash, 48
 Huntington, 48
 Jellied, 45, 231
 Loaf, 46, 47
 Macaroni, 48
 Noodles, 49
 Pie, 46
 Potage a la Reine, 36
 Rice, 34
 Ring, 45
 Roast, 45
 Salad, 83, 89, 230, 231
 Scalloped, 47
 Soup, 35
 Stewed, 45
 Timbales, 49
 Chili Con Carne, 58, 59
 Chocolate, 16
 Cake, 172, 180, 181, 191
 Confections, 167
 Desserts, 110, 117, 120
 Pudding, 101
 Sauce, 124
 Chop Suey, 227
 Christmas Pudding, 103
 Classification of Foods, 235

Cocktail Cantaloupe, 201

Combinations, 200

Fruit Cup, 201

Melon, 201

Oyster, 201

Shrimp, 202

Cocoa, 16

Codfish Balls, 42

Coffee, 15

Cold Desserts, 108

Ambrosia, 115

Apricot Cream, 123

Baked Alaska, 122

Banana Snow, 112

Bavarian Cream, 111

Blanc Mange, 109

Cabinet Pudding, 120

California Delight, 115

Charlotte Russe, 115

Chinese, 114

Chocolate, 110, 117, 120

Cocoanut, 110

Crumb Cake, 121

Custard, 108, 109, 123

Date Nut, 112, 113, 114

Delmonico, 119

Filled Cake, 119

Floating Island, 109

Ginger Ale, 118

Graham Cracker, 116, 122

Ice Cream, 121

Lady Fingers, 118

Macaroon Pie, 114, 121

Maple Pudding, 109

Marshmallow Pudding, 115, 116, 122

Orange, 112, 121

Paradise Pudding, 115

Prune Whip, 121

Pumpkin, 123

Raspberry Gelatine, 112

Rice, 114

Skillet Pudding, 120

Sponge Cake, 122

Tapioca, 110

Vanilla Cookie, 117, 118

Zwieback Pudding, 110

Confections, Apple Crystals, 164

Caramels, 164

Chocolates, 167

Cocoanut Drops, 165

Crack A Jack, 169

Date Loaf, 170

Divinity, 166

Fondant, 166

French Creams, 166

Fruit Rolls, 170

Fudge, 167, 168

Lolly Pops, 164

Mexican, 164

Nougat, 165

Orange Straws, 170

Peanut Brittle, 165

Confections—Continued

Peppermint, 169

Pinoche, 166

Pop Corn Balls, 169

Pralines, 164, 165

Glazed Nuts, 169

Stuffed Dates, 169

Vinegar Candy, 165

Conserve, Apple, 216

Cherry, 215

Cider Apple Sauce, 216

Peach, 215

Plum, 216

Rainbow, 215

Rhubarb, 216

Tomato, 216

Cookies, Almond, 158, 159

Bridge, 151

Brown Sugar, 149

Brownies, 152, 120

Burnt Sugar, 151

Butter, 149

Butter Scotch, 152

Chocolate, 152, 153, 159

Date, 155, 156

Filled, 157

Fruit, 158

Ginger, 153, 154

Hermits, 158

Holiday, 151

Honey, 154

Ice Box, 152, 153

Ice Cream, 150

Kiss Cake, 160

Lace, 150

Macaroons, 160

Marguerites, 159, 160

Meringues, 160

Molasses, 150

Oatmeal, 155

Peanut, 154

Sand Tarts, 150

Schaum Torte, 161

Sugar, 151

Corn, Bread, 26

Casserole, 74

Creamed, 74

Muffins, 23

Oysters, 74

Scalloped, 74

Souffle, 74

Soup, 38, 39

Sticks, 24

Waffles, 28

Crab, au Gratin, 43

Potato with, 229

Cranberry Salad, 82

Cucumbers, Fried, 70

Pickles, 205, 207

Salad, 81

DATE PUDDING, 100, 101, 112, 113

Doughnuts, 161, 162
Dumplings, 49, 56

EGG PLANT, FRIED, 73
 Stuffed, 73
Eggnog, 16
Eggs, Baked, 29
 Bread Omelet, 29
 Mushrooms with, 30
 Omelet, 30
 Pressed, 29
 Tomatoes with, 29
 White Sauce, 29

FISH, 40
 Balls, 42
 Bisque, 39
 Cod, 42
 Crab, 43, 90
 Fried, 41
 Haddock, 40
 Halibut, 41, 42
 Jellied, 43
 Lobster, 43
 Mackerel, 41
 Oysters, 44
 Salmon, 41, 42, 43, 90
 Sardines, 90
 Shrimp, 43, 90
 Stuffing, 40
 Tuna, 41, 42, 43
Fish, Sauce, 44
 Hollandaise, 44
 Salmon, 44
 Tartar, 44
Frostings, Boston Cream, 198
 Caramel, 194, 197
 Cake Puddings, 198
 Chocolate, 194, 197
 Comfort, 194
 Confections, 194
 Creamy, 232
 Fig, 195
 Fudge, 195
 Icing, 194
 Inch High, 196
 Lady Baltimore, 195, 197
 Lemon Jelly, 196, 197
 Maple, 197
 Mocha, 195
 Mock Angel, 197
 Orange, 195, 196
 Pineapple, 195
 Seven Minute, 196
 Strawberry, 196
 Washington Pie, 198
 White Fluffy, 196
 U Guess, 197
Frozen Desserts, 125
 Cranberry, 128
 Fruit Salad, 230
 Ice Cream, 128, 129

Frozen Desserts—Continued

Lemon, 128
Milk Sherbet, 128
Mousse, 130
Parfait, 131, 132
Peppermint Ice Cream, 230
Pineapple, 128
Sherbet, 127
Water Ice, 127

GINGER ALE SALAD, 83, 92
Ginger Bread, 162, 163
Goulash, 228, 232
Grape Juice, 14
Griddle Cakes, 27

HADDOCK, BAKED, 40
Halibut, Baked, 41
 Souffle, 42
Ham, 50
 Baked, 51
 Boiled, 50
 Loaf, 51, 52, 53
 Puffs, 55
 Salad, 91
 Sandwiches, 202, 204
 Scrapple, 55
Heart Stuffed, 65
Hors d'Oeuvres, 199

ICE BOX CAKE, 118, 119
 Pudding, 117, 118, 119
 Rolls, 19
Ice Cream, 128, 129
Infant Feeding, 254

JAM, ARABIAN, 218, 219
 Black Raspberry, 218
 Cranberry, 218
 Gooseberry, 218, 219
 Red Raspberry, 218
Jelly, Test, 214
 Blueberry, 221
 Cranberry, 220
 Mint, 221
 Proportions, 215
 Quince, 221
Jellied Fish, 43

KOHL RABI, 72, 73

LAMB, CHOPS, 62
 Crown Roast, 62
 Patties, 62
 Roast Leg, 62
 Shepherd's Pie, 62
Last Minute Time Savers, 229
Liver, 250
 Boiled, 64, 250
 Casserole, 250
 Creamed, 250
 Custard, 251

Liver—Continued

Loaf, 65
Peppers with, 250
Potatoes with, 250
Roast, 64
Salad, 90
Sautéed, 64
Scalloped, 251
Toast with, 251

Lobster Farci, 43

MACARONI, 31

Chicken, 48
Convent pie, 31
Creole, 32
Huntington Chicken, 48
Salad, 82

Mackerel, 41

Marmalade, Apricot, 217, 218

Grape, 218
Orange, 217
Peach, 217
Prune, 218

Meal Planning, 7, 237

Meats, 50, 66

Choice of, 63

Meat Sauces, Brown, 68, 249

Cider, 68
Curry, 67
Egg, 68
Horseradish, 68
Maitre d'Hotel, 68
Mint, 66
Mushroom, 67
Raisin, 68
Spanish, 68
Tartar, 67
Tomato, 67

Menu Making, 235

Menus, 240

Mock Meat Dishes, Mock Turkey, 248

Nut Hamburger, 64
Walnut Pie, 64
Walnut Roast, 63

Muffins, Apple, 24

Blueberry, 23, 24
Bran, 23, 250
Corn, 23
Date, 24
English, 22
Graham Gems, 24
Sweet, 23
Whole Wheat, 23

Mushrooms, 30

NOODLES, 49

Nuts, 170, 171

OATMEAL WITH APPLE, 32

Omelet, 29, 30

One Dish Meals, 227

Onions, Baked, 75

Onions—Continued

Fried, 75
Salad, 80
Orange, Salad, 85
Sauce, 105
Oven Canning, 222
Oysters, Creamed, 44
Cup, 44
Fried, 44
Scalloped, 44, 74
Soup, 39

PARSNIPS, FRIED, 77

Pastry, 134

Pea Salad, 83

Peach Pudding, 98

Peanut Salad, 81

Soup, 38

Pears, 85, 86

Peppers, Farci, 77

Salad, 87

Pickles, 205

Button Onion, 209

Cantaloupe, 209

Cucumber, 205, 207

Dakota, 205

Dill, 206, 207

Dutch, 205

Mustard, 208

Old Fashioned, 207

Olive Oil, 206

Peach, 210

Pepper, 206

Rumage, 208

Saccharin, 207

Salted Cherries, 209

Spiced, 207

Spiced Grapes, 209

Sweet, 207, 208

Sweet Vinegar, 210

Syrup, 210

Tomato, 208

Pies, Apricot, 135

Banana, 135

Banbury Tarts, 145

Blueberry, 136

Butterscotch, 139, 140

Cherry, 136

Chess, 136

Chocolate, 137

Cocoanut, 137

Cream, 138, 145

Crumb, 136

Currant, 136, 137

Custard, 138

Fruit, 139

Graham Cracker, 139

Lemon, 140, 141, 142

Mince, 142

Mock Mince, 142

Orange, 140

Peach, 136

Pies—Continued

- Pecan, 143
- Pineapple, 143
- Prune, 144
- Pumpkin, 144
- Raisin, 142, 144
- Raisin Tarts, 145
- Rhubarb, 144
- Pimento Salad, 89
- Pineapple, Puddings, 100
- Salads, 80
- Sauce, 107
- Plum Pudding, 103, 104, 107
- Pork, Chops, 52, 227
 - Loaf, 53
 - Roast, 53
 - Sausage Rolls, 54
 - Sticks, 54
 - Tenderloin, 52
 - Fricadillos, 54
 - Weiners, 54
- Potato, and Crab, 229
 - Half Shell, 76
 - Parsley Butter, 76
 - Pear, 75
 - Puff, 75
 - Riced, 75
 - Salad, 80
 - Scalloped, 76
 - Sliced, 75
 - Soup, 37
 - Stew, 75
- Poultry, 45
- Preserves, Cherry, 219
 - Cranberry, 220
 - Maraschino Cherry, 220
 - Melon Rind, 220
 - Plum, 219
 - Pumpkin, 220
 - Quince, 219
 - Strawberries, 219
- Preserving Fruit Juices, 13
- Prune Salad, 87
- Puddings, Hot, 97
 - Angel Fruit, 100
 - Apple, 97, 98
 - Apricot, 98
 - Carrot, 105
 - Cherry, 99
 - Chocolate, 101
 - Christmas, 103
 - Cottage, 99
 - Date, 100, 101
 - Fruit, 104
 - Graham Cracker, 101
 - Grape Nut, 102
 - Indian, 100
 - Peach, 98
 - Pineapple, 100
 - Plum, 103, 104, 232
 - Queen of, 102
 - Raisin, 101

Puddings, Hot—Continued

- Rice, 102
- Spice, 102
- Steamed, 99
- Suet, 103, 104
- Pudding Sauces, Apricot, 107
 - Butterscotch, 124
 - Caramel, 124
 - Cherry, 107
 - Chocolate, 124
 - Cream, 106
 - Fairy Butter, 106
 - Hard, 106
 - Lemon, 105
 - Melba, 124
 - Orange, 105
 - Pineapple, 107
 - Plain, 105
 - Plum Pudding, 107
 - Raisin, 124
 - Raspberry, 107, 122
 - Whipped Cream, 122
- Punch, 14, 15, 37, 38
- Purees, 37

QUANTITIES FOR GROUPS, 333

Quantity for Cookery, 229

RELISH, BEET, 211

- Bordeaux Sauce, 212
- Catsup, 214
- Chili Sauce, 213, 214
- Chow Chow, 212
- Chutney, 212
- Cold, 212
- Corn, 212
- Indian, 212
- Mangoes, 213
- Mixed Pickle, 213
- Pepper, 211
- Piccalilli, 213
- Pimento, 210
- Sauerkraut, 214
- Tomato, 211
- Rice, au Gratin, 31, 231
 - Beef Croquettes, 58
 - Boiled, 33
 - Carrots and, 33
 - Chicken Casserole, 34
 - Croquettes, 33
 - Mah Jong Mix, 31
 - Pudding, 102, 114
 - Spanish, 34
 - Steamed Wild, 33
 - Supper Dish, 228
- Rolls, 17, 21
 - Bohemian Coloches, 18
 - Butterhorns, 18
 - Cinnamon, 18
 - Clover Leaf, 18
 - Coffee Cake, 19, 25

Rolls—Continued

Corn Sticks, 24
 Denver, 20
 Ice Box, 19
 Orange, 19
 Parker House, 19
 Pecan, 20, 21
 Penny Puffs, 17, 20
 Potato, 20

SALAD DRESSINGS, 93

Boiled, 95
 Butter Cup, 95
 Cream, 86, 96
 Cucumber, 94
 Dutch Cream, 94
 French, 93, 94, 95
 Golden, 83
 Horseradish, 94
 Mayonnaise, 94, 96
 Oil, 94
 Roquefort, 94
 Sunset, 84
 Thousand Island, 96

Salad Garnishes, 230

Salads, 79

Asparagus, 79, 83
 Beet, 83
 Cabbage, 80, 81, 83, 85
 Cantaloupe, 89
 Carrot, 79, 84
 Celery, 80
 Cheese, 87, 88
 Cherry, 82
 Chicken, 83, 89, 230, 231
 Chinese, 87
 Combination, 93
 Crab, 90
 Cranberry, 82
 Cream Cheese, 92
 Cucumber, 81, 91
 Date, 86
 Fruit, 83, 86, 92, 93, 232
 Ginger Ale, 83
 Ham, 91
 Individual Plate, 87
 Jellied, 81, 83
 Liver, 90
 Lobster, 93
 Macaroni, 82
 Onion, 80
 Orange, 85
 Peanut, 81
 Pear, 83, 85
 Peas, 83
 Perfection, 84, 85
 Pimento, 89
 Pineapple, 80, 84, 85, 88, 89, 91, 92
 93
 Potato, 80
 Rhubarb, 84
 Salmon, 90

Salads—Continued

Sardines, 90
 Shrimp, 90
 Sour Cream, 86
 Spinach, 79
 Tomato, 80, 81, 82, 88, 91
 Sweetbread, 89
 Swiss Club, 93
 Vegetable, 92

Salads, Frozen, 91

Salmon, Fried, 41

Loaf, 41, 43
 Mold, 42
 Pudding, 42

Salsify, 73

Sandwiches, 202

At a Glance, 203
 Cheese, 202, 204
 Fruit, 203
 Ham, 202, 204
 Honey, 204
 Horseradish, 230
 Lincoln, 202
 Marmalade, 203, 204
 Olive and Nut, 202, 204
 Open Face, 204
 Peanut Butter, 204
 Salad, 202
 Toasted Cheese, 232
 Tuna, 204

Sauces, Ice Cream, 124

Meat, 66
 Pudding, 104

Seating, 238

Short Cake, 27

Shrimp Wiggle, 43

Sick Room Recipes, 251

Soups, Asparagus, 38

Beef Stock, 35
 Celery, 37
 Chicken, 35
 Clear, 35, 36
 Corn, 38, 39
 Cream of Tomato, 37
 Fish Bisque, 39
 Jellied Bouillon, 36
 Lima Bean, 37
 Oyster, 39
 Peanut Butter, 38
 Potato a la Reine, 36
 Potato, 37
 Purees, 37, 38
 Spinach, 37, 38
 Tomato Bouillon, 36

Sour Cream Salad, 86

Spaghetti, 32, 227

Spinach, Bacon, 77

Loaf, 77

Salad, 79

Souffle, 77

Soup, 37, 38

Suet Pudding, 103, 104

Sweet Potatoes, 76, 77
Sweetbreads, 66
 Salad, 89
Syrup for Fruit, 13

TABLE SERVICE, 238
 Setting, 237
Tea, 15, 16
Toast, Cinnamon, 28
 Delicious, 28
 Dream, 28
 French, 28
 Milk, 28
 Sour Cream, 28
Tomatoes, Baked, 78
 Bouillon, 36
 Cream Soup, 37
 Eggs with, 29
 Salad, 80, 81, 82, 88, 91
 Scalloped, 78
 Stuffed, 78, 80

Tongue, 65
Tuna, Balls, 42
 Loaf, 41
 Mold, 43
 Souffle, 42
Turnip Cup, 78

VEAL, BIRDS, 59
 Breaded, 59, 60
 Cutlets, 60
 Jellied, 61
 Loaf, 60, 61, 65
 Marbled, 61
 Mock Chicken, 61
 Patties, 60, 61
 Pot Pie, 60
Vegetable Stew, 228
Vegetables, 69, 78

WAFFLES, 27, 28
Wheat with Dates, 32



